

Meat and Chicken

Sorrelle Orelowitz Recipes



ZIVA'S MUSTARD TONGUE OR BRISKET.

INGREDIENTS:

2 pickled tongues OR a 2 kg. piece of pickled brisket.	4 lbs.
2 bayleaves.	
A few peppercorns.	
2 cloves garlic.	
1 sliced onion.	
2 large, sliced carrots.	
5 ml. mustard powder.	1 tsp.
125 ml. sugar.	½ cup.
45 ml. flour.	3 tblsp.
80 ml. mustard powder.	a third cup.
4.5 ml. salt.	¾ tsp.
45 ml. oil.	3 tblsp.
375 ml. boiling water.	1½ cups.
200 ml. vinegar.	¾ cup.
375 ml. mayonnaise.	1½ cups.
The juice from 1½ lemons.	

METHOD:

Cover the meat with cold water and bring to the boil.
Throw off this water.
Put over fresh water with the bayleaves, the peppercorns, the garlic, the onion, the carrots and the mustard powder.
Cook until tender.
Remove from the water and cool.

Mix the sugar, flour, mustard powder, salt and the oil.
Add the boiling water and mix well.
Add the vinegar, the mayonnaise and the lemon juice.
Mix well and set aside.

Slice the meat and layer in a dish.
Pour over the sauce and bake at 180°C. (350°F.) for about an hour.

ORIENTAL CHICKEN SALAD.

6 - 8 skinned chicken breasts
2 - 3 cups chicken stock

Simmer breasts in stock for 30 minutes.
Remove from stock and cool.

INGREDIENTS FOR DRESSING:

1 crushed clove garlic
2 teaspoons peanut butter
½ cup sugar
good pinch chinese mustard

OR

3 teaspoons Colman's mustard powder
¼ cup soya sauce
½ cup rice vinegar
good dash ground black pepper
1 cup oil
2 teaspoons sesame oil

Combine all ingredients except the oils in a food processor.

With the engine running, slowly add the oils until the dressing has thickened and emulsified.

NOODLES:

oil for deep frying
a good handful of rice noodles

Fry the rice noodles in hot oil, a little at a time to prevent burning.

As soon as the noodles puff up, remove and drain.

INGREDIENTS FOR SETTING OUT:

1 iceberg lettuce, finely shredded
½ an English cucumber cut into julienne slices
4 chopped spring onion
a good handful of either pinenuts, slivered almond or split cashews.
2 tablespoons toasted sesame seeds.

TO ASSEMBLE:

Use a sharp scissor to cut the cold chicken into strips.

Toss chicken strips with nuts and mix through with some of the dressing.

Mix the lettuce, spring onion and the cucumber.

Border a large oval platter with the shredded lettuce mixture.

Heap chicken mixture in the centre of platter.

Dress salad - use dressing sparingly over the lettuce.

Top chicken with toasted sesame seeds and the fried noodles.

Serve immediately.

VITELLO TONNATO.

INGREDIENTS FOR COOKING VEAL:

1.5 kg fillet of veal or the equivalent weight
taken from the leg, deboned and rolled
1 large sliced onion
2 chopped carrots
2 chopped stalks celery
2 crushed cloves garlic
a handful of chopped parsley

500 ml dry white wine 2 cups
a 55 g can drained flat anchovies 2 oz
a 200 g can drained tuna 7½ oz
a bay leaf
a good pinch thyme
freshly ground black pepper
salt if needed

INGREDIENTS FOR SAUCE:

300 ml home-made mayonnaise ½ pint
2 x 200 g cans tuna 7½ oz
2 mashed hard boiled eggs
1 x 55 g can anchovies 2 oz
125 ml white wine ½ cup
15 ml capers 1 tablespoon
lemon juice to taste - start with
2 tablespoons; can go up to the juice
of a whole lemon
black pepper to taste

METHOD:

Heat some oil and brown the veal on all sides.
Sauté the onion, carrots, celery, garlic and
parsley in the same oil, until glossy.
Drain off any remaining oil.
To the vegetables in the pot, add the wine, the anchovies,
the tuna, the bay leaf, thyme and pepper.
Replace the veal and simmer all, covered, until veal
is tender.
Should take 1½ - 2 hours.
remove the meat and set aside to cool.

Mix the mayonnaise, the tuna, the hard boiled eggs,
the anchovies, the capers, the lemon juice and pepper.
Blend in liquidizer until smooth.

Slice the veal very thinly.

Dip each slice in the sauce.

Arrange overlapping slices on a flat platter.

Decorate with slices of pimento, slice stuffed green
olives and even chopped, black olives.

Serve remaining sauce on the side.

If you cannot get veal, you can use the "eye" of the
silverside.

Put silverside in a pot of cold water.

Add 1 tablespoon vinegar, 1½ tablespoons salt,

1 tablespoon mustard powder, a few bay leaves and peppercorns.

Cook about 2½ hours or until tender.

Cool in own liquid.

Slice and coat in above sauce.

EASY BRISKET DISH.

INGREDIENTS:

2 - 3 kilo piece brisket, off the bone

25 g packet onion soup

1 cup boiling water

1 cup tomato sauce

1 cup chutney

OR

2 cans coke

25 g packet onion soup

1 cup boiling water

1½ cups tomato sauce

1 cup chutney

2 cans butter beans

a good handful of prunes, optional

METHOD:

Place brisket in a roasting pan.

Dissolve the onion soup in the boiling water.

Choose which sauce you want i.e. with the coke or without.

Mix with the onion soup.

Pour half the sauce over the meat.

Bake in a moderate oven for 4 - 5 hours.

THE MEAT MUST COOK VERY SLOWLY FOR A LONG TIME.

Bake covered at first, uncover toward the end of the cooking time.

Baste often, adding extra sauce as needed.

If you want add the prunes about an hour before meat is ready.

Prepare this dish before it is needed.

Refrigerate and then remove the excess fat that will have risen to the top.

Reheat before serving and now add the canned beans.

The meat is served out of the sauce.

The sauce is served as a gravy.

FLAUMEN TZIMMES.

INGREDIENTS:

3 - 4 kilo piece of fresh brisket. 6 - 8 lbs.
Seasonings: salt,
pepper,
onion salt,
garlic salt and
Maggi Fondor.
4 whole, peeled carrots.
2 large, sliced onions.
2 x 440 g. cans tomatoes, seeded.
2 bayleaves.
A few peppercorns and allspice.
2 cloves garlic.
About 10 stoned prunes.
3 tablespoons lemon juice to start. 3 x 15 ml.
4 tablespoons golden syrup to start. 4 x 15 ml.
2 tablespoons brown sugar. 2 x 15 ml.
500 g. prunes. 1 lb.
10 potatoes ½ if medium size
¼ if large size.

METHOD:

Season the brisket sparingly with the seasonings.
Put in a roasting pan with the carrots, the onions, the
canned tomatoes - juice included, the bayleaves, the peppercorns,
the allspice and the garlic and the stoned prunes.
These prunes will become mushy and colour the water and so
aid the potatoes to brown.
Cover the brisket ¾ way with water and bake in a 350°F. (180°C.)
oven, lid on for about 1½ hours.

Now add the lemon juice, syrup and the other prunes.
Bake with the lid off.
After an hour or two, the fat of the brisket will accumulate
and take over the water.
This is the time to add the potatoes.
You need the fat to brown the potatoes.
The potatoes need about 3 hours to cook with the meat.
They must be watched and turned constantly.
Taste the tzimmes every now and then, add more lemon juice
and more syrup as needed.

When the meat is soft and brown, take out and cool.

SARAH LEVINRAD'S CARROT TZIMMES.

Peel about 1½ k. carrots.

Boil up for 10 minutes.

Drain but retain the water.

Dice the carrots - can use chipper on magimix.

Dice 4 large potatoes.

Mix through.

Add ½ - 1 teaspoon ginger

2 Tablespoons ginger *essence*

4 Tablespoons shmaltz

1 - 2 teaspoons salt.

3 - 4 tablespoons matzo meal.

Taste and adjust seasonings.

Add about 12 - 14 soup ladles of the carrot water.

The mixture must be very loose.

Pour into an ovenproof dish and bake at 350°F (180°C)

for about 1½ hours.

Stir every now and then.

Lower oven temperature to 300°F (150°) and bake

until potatoes are soft and mixture golden.

YELTA'S CARROT TZIMMES.

<u>INGREDIENTS:</u>	2 oz. margerine or shmaltz.	60 g.
	1 large diced onion.	
	3 cups cups boiling water.	750 ml.
	2 cubes chicken stock.	
	3 cups diced carrots.	750 ml.
	1 cup diced potatoes.	250 ml.
	1 teaspoon salt.	
	1 teaspoon cinnamon - optional.	
	½ cup syrup or honey.	125 ml.
	Dash of pepper.	
	½ teaspoon ginger.	
	½ tablespoon cornflour dissolved in water.	

METHOD:

Heat the fat in a suacepan.
Saute' the onions.
Add the boiling water and soup cubes.
Add the remianing ingredients except the cornflour.
Bring to the boil.
Cover, reduce heat and simmer till carrots are tender.
Stir regularly.
Add the cornflour - blend.
Pour into an ovenproof dish and bake covered at 325°F - 350°F.
(180°C.) till golden brown.

CARROT TZIMMES.

INGREDIENTS:

2 kg. frozen diced or baby carrots.	4 lbs.
190 ml. flour - use potato flour on Pesach.	$\frac{3}{4}$ cup.
250 ml. water.	1 cup.
5 ml. salt.	1 tsp.
125 g. schmaltz.	
250 g. syrup.	
500 g. pitless prunes. (optional)	1 lb.

METHOD:

Defrost carrots slightly and place in a casserole.
Mix together the water and flour to form a paste.
Add the syrup, salt and the schmaltz to the flour
mixture and beat with a rotary beater.
Pour over the carrots and mix well.
Cover carrots and bake covered at 160°C (325°F)
for 2 - 2½ hours.
Carrots must be soft.

If desired remove from oven about half way.
Add the prunes.
Mix in carefully.
Bake another hour, covered.

N.B. Mix the carrots every 30 minutes or so to
coat well with the syrup mixture.

PORCUPINE MEAT BALLS. A favourite with children.

INGREDIENTS:

750 g minced beef
1 teaspoon salt
good pinch pepper
½ cup raw rice
¼ cup grated onion
1½ cups condensed tomato soup
1 cup hot water

METHOD:

Mix the beef, rice, salt, pepper and onion.
Form into small balls.
Simmer in the liquids for about an hour.
Add a little extra water or soup if necessary.
Serves about 6 people.

SANDRA'S CURRIED CHICKEN. - this makes a large quantity.

INGREDIENTS:

6 sliced onions.	
3 tablespoons Rajah medium curry powder.	45 ml.
3 tablespoons maizena or cornflour.	45 ml.
1 cup white vinegar.	250 ml.
1 cup sugar.	250 ml.
5 cups water.	1450 ml.
$\frac{1}{4}$ cup chutney.	200 ml.
1 cup apricot jam.	250 ml.
$\frac{1}{2}$ tablespoon salt.	7.5 ml.
A few bayleaves.	

6 young chickens.

A good handful of sultanas, if desired.

METHOD:

Blanch onions in boiling water.
Fry in a little oil until soft.
Add the curry, maizena, vinegar, sugar, water,
chutney, jam, salt and bayleaves.
Simmer a few minutes.

Cut chicken into serving portions and add to
the above sauce.
Simmer gently until tender.
Add extra water if necessary.
The sultanas are added just before the curry is ready.

This curry may also be used with mutton.
Use about 10 lbs. of mutton. 5 kg.

Curry always tastes nicer made a day in advance.
Curry also freezes well.

CHICKEN A L'ORANGE.

INGREDIENTS:

10 chicken portions.	
1 cup flour.	250 ml.
1 tsp. salt.	5 ml.
1 tsp. paprika.	5 ml.
1 tsp. freshly ground black pepper.	5 ml.
2 tblsp. butter or margerine.	30 ml.
2 tblsp. oil.	30 ml.
6 tblsp. lemon juice.	90 ml.
1 cup orange juice.	250 ml.
3 tblsp. honey.	45 ml.
2 tblsp. soya sauce.	30 ml.
1 tsp. powdered ginger.	5 ml.
1 tin manadarin segments.	
Alfalfa sprouts or watercress to garnish.	
Fresh orange slices.	

METHOD:

Toss chicken portions in seasoned flour, made by mixing the flour with the salt, paprika and pepper.

Brown chicken in the butter and oil mixed.

Drain the tin mandarins - reserve the fruit.

Mix the mandarin juice with the lemon juice, orange juice, honey, soya sauce and ginger.

Pour this mixtire over the chicken and bake covered for an hour or till tender.

Add the mandarin oranges 5 minutes before the end of cooking time.

Cool and chill overnight for flavours to develop.

Serve with additional fresh sliced orange and a sprinkling of alfalfa sprouts or watercress.

CHICKEN APRICOTINE.

INGREDIENTS:

6 halved baby chickens.
Salt, pepper, ginger, Maggi Fondor to season.
Lemon juice.
Oil to fry. 30 ml.
2 tblsp. brandy. 480 g.
20 oz. can apricots.
Juice and rind of an orange. 15 ml.
1 tblsp. lemon juice. 30 ml.
2 tblsp. honey. 5 ml.
1 tsp. ground ginger. 10 ml.
2 tps. soya sauce.

METHOD:

Season the chicken halves with spices.
Skewer loose skin and legs to chest.
Sprinkle with lemon juice.
Cover and leave in fridge overnight.

Fry the chickens in oil till golden brown.
Put in a large casserole or roasting pan that has a lid.
Flame with the brandy.

Puree the apricots with its juice.
Add the orange rind and juice, the lemon juice,
honey, ginger and soya sauce.
Put in a pot and bring to the boil.
Pour this sauce over the chickens.
Bake in a moderate oven until tender and nicely glazed.
Bake with the lid on for the first 10 minutes.
Once lid has been removed, baste often.

CLARICE'S CHICKEN BREASTS WITH GINGER SAUCE.

INGREDIENTS:

6 chicken breasts
salt and pepper
flour for dredging
beaten egg
breadcrumbs
oil for frying

1 cup chicken stock
6 tablespoons ginger syrup
2 tablespoons chopped, preserved ginger
juice from 1 lemon
1 tablespoon cornflour
4 tablespoons water
flaked toasted almonds

METHOD:

Remove skin from breasts.

Place breasts between waxed paper and gently pound until thin.

Sprinkle both sides with salt and pepper.

Dredge with flour.

Dip in the beaten egg.

Coat with breadcrumbs.

Put breasts on a waxpaper covered board.

Refrigerate until needed.

In a heavy bottomed pan, heat oil and brown chicken on both sides.

Lower the heat and fry gently until cooked.

Should not take longer than 15 minutes.

Arrange on serving platter and keep warm.

To the pan, add chicken stock, ginger syrup, preserved ginger and lemon juice.

Bring to the boil and simmer for 1 minute.

Blend the cornstarch and the cold water and stir into the mixture in the pan.

Cook, stirring all the time until the sauce has thickened.

Pour sauce over the chicken and sprinkle with the toasted almonds.

You can toast the almonds quite a few days before needed.

The toasted nuts keep well in the refrigerator.

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CHICKEN SPRING ROLL IN PHYLLO

INGREDIENTS

- 4 chicken breasts, filleted, skinned and chopped
 - 1 onion chopped
 - 1 clove garlic
 - 2 cups chopped cabbage
 - 1 green and red pepper diced
 - handful of fresh bamboo sprouts
 - tin water chestnuts
 - tin bamboo shoots
 - 1 cup fresh mushrooms, diced
 - 1 cup diced lettuce
 - 2 tbls flour to coat the chicken
 - 1 cup chicken stock
 - 1 cup cooked spaghetti
 - 2 tbls soya sauce, salt, pepper, red pepper, sugar
- Add ginger*

METHOD

- 1 Heat 2 tbls oil in skillet. Season the chicken pieces with salt and pepper and fry until lightly brown.
- 2 Remove chicken to another dish and in the same oil, fry the crushed garlic. Add the onion and fry until soft. Add all the other vegetables and fry until they have all softened, but they must still be firm. Add more oil if necessary.
- 3 Put the chicken back into the pot with the vegetables, and add the chicken stock. Toss.
- 4 Add the spaghetti and toss again. If it is too dry add some more water. Season to taste with soya sauce, salt, pepper, red pepper and a teaspoon of sugar. Allow to cook with lid on for 2 to 3 minutes.
- 5 Transfer chicken mixture to a cold dish and allow to cool thoroughly before putting it onto the phyllo.

ASSEMBLING SPRING ROLL

- 1 Take phyllo, unfold and cover with a damp cloth. Always keep the phyllo covered otherwise it will dry out.

Madeleine in the kitchen

COLD meat can be dreary beyond speech, but a well-made VITELLO TONNATO (tunnied veal) is a poem on a hot day.

First, the meat. You'll need: 1kg leg of veal, deboned and de-fatted; a tin of anchovy fillets; 1 small onion peeled and stuck with 4 cloves; a carrot, scraped; a piece of celery; half a teaspoon salt.

Tie the meat, using kitchen string, into an evenly shaped roll. (Ask your butcher to do it if you're all thumbs, Miranda.) Pierce the meat here and there with a sharp knife and insert small pieces of anchovy into the gashes, using about 6 fillets. Place the meat in a deep saucepan, add the vegetables and the salt, cover with cold water. Bring slowly to boiling point, turn down heat and simmer for 1½ hours.

Drain the veal, pat dry with paper towels, allow to cool. (Not in the fridge, Miranda dear.) The sauce for the meat needs: 2 tins tuna, drained of oil; 8 anchovy fillets; 1 teaspoon capers; 4 tablespoons lemon juice; freshly ground black pepper; about 1 cup olive oil.

All this can be put in a blender, keeping the oil until last. When smoothly blended, start adding the oil until the sauce has the consistency of cream. Taste for seasoning, pour over veal and leave in the fridge for two days before serving. To serve, cut into thin slices, putting some of the tuna on each side. It should feed 8 to 10 people.

A TOMATO AND MUSHROOM SALAD would be rather nice with the vitello. Peel the tomatoes by pouring boiling water over them and leaving for 1 minute before dunking them in cold water. The skins will slip off. Slice the tomatoes fairly thickly. Lay them overlapping on a pretty plate. Wash and slice the mushrooms thin, discarding the stems. Place mushrooms on tomato and dribble over them some olive oil and lemon juice. Top with a grinding of black pepper, a sprinkling of salt, chopped herbs.

Another good cold meat dish is STUFFED BEEF FILLET. As it uses some of the ingredients mentioned above, don't serve it at a buffet with the veal. Ingredients: 1kg (approx) fillet of beef; 2 eggs; 2 fillets of anchovy; 1 clove garlic, peeled; 1 tablespoon capers; 1 tablespoon grated lemon rind; 1 tablespoon chopped parsley; 5 tablespoons oil; 2 tablespoons brandy; 6 tablespoons strong stock.

Hard boil 1 egg, mash it with anchovies, garlic, the raw egg, capers, lemon peel and parsley. Add a pinch of salt, lots of black pepper. Make a lengthwise incision in the centre of the fillet and remove some of the meat to make a pocket. Chop this meat very fine and mix with the stuffing. Stuff pocket with filling, skewer or tie neatly with kitchen thread to prevent filling popping out during cooking. Salt and pepper it, place in a shallow saucepan in which oil has been heated, and brown meat all over. Pour over brandy, allow to evaporate before adding hot stock. Simmer gently for 40 minutes, then leave to cool in liquid.

Try CABBAGE SALAD with this one. Shred the cabbage finely and, to crisp it, chill for some time in iced water in the fridge. Dry well and pour over it a sour cream dressing. For it, you'll need 1 cup sour cream; ¼ cup brown sugar, a dash of salt; the juice of 1 lemon; 1 small onion, grated. Mix well, chill. ©

Madeleine van Biljon

CHICKEN CASSEROLE, OUR WAY.

INGREDIENTS:

1 large chicken
2 sliced onions
2 sliced carrots
2 crushed cloves garlic
1 bayleaf
3 - 4 peppercorns
salt and pepper

½ cup flour
2 teaspoons salt
½ teaspoon pepper
1 teaspoon paprika
1 teaspoon garlic salt
a good sprinkling of Aromat or similar

200g mushrooms
2 onions, sliced lengthwise
2 sliced carrots
2 - 3 greenpeppers, sliced into strips

a little Brono or similar to thicken stock

METHOD:

Clean, wash and truss the chicken.
Place in a pot with a little water.
Add the onions, the carrots, the garlic, the bayleaf,
peppercorns, salt and pepper.
Simmer until the chicken is just tender.
Remove chicken from pot and set aside to cool.

Cut cooled chicken into serving portions and dust with
the flour which you have seasoned with the salt, pepper,
paprika, garlic salt and Aromat.
Fry chicken portions in oil until golden brown.

Fry the mushrooms, the onions, the carrots and the
greenpepper in some oil.

Strain stock in which you cooked the chicken.
Bring to the boil and thicken with a little Brono.

Strain off the oil from the fried vegetables and lay the vegetables down in a roasting pan.

Pour over some of the stock.

Lay over the chicken pieces.

The stock should come to about halfway up the chicken pieces.

Bake covered in a moderate oven for about 1 1/2 hours or until chicken is tender.

Do not let chicken dry out.

Add a little stock from time to time, as needed.

You should taste the stock.

It usually does not need additional seasoning.

You should season the frying vegetables with a little salt and pepper.

ROASTED LEMON CHICKEN.

INGREDIENTS:

1,2 to 1,4 kg chicken	
1 lemon	
2 cloves garlic, crushed	
5 ml salt	1 tsp
2 ml milled black pepper	½ tsp
15 ml chopped fresh origanum	2 tbsp
OR	
7 ml dried	1½ tsp
60 ml olive oil	4 tbsp
200 g onions, chopped	¾ cup
200 g celery, slice	¾ cup
200 g carrots, sliced	¾ cup
500 g potatoes, cut into eighths/ whole new	1 lb
85 ml fresh lemon juice	third cup
85 ml chicken stock	third cup
30 ml extra olive oil	2 tbsp
125 ml extra chicken stock, if needed	½ cup

METHOD:

Rinse and dry chicken and trim off excess fat.

Pierce lemon all over with skewer and put in cavity.

Close opening with skewer.

Mix garlic, salt, pepper and origanum to paste with olive oil and rub over chicken and under breast skin.

Place vegetables in roaster and place chicken, brest side up, on top of vegetables.

Mix lemon juice, stock and extra olive oil and drizzle over chicken and vegetables.

Roast uncovered at 240-260°C/475-500°F for 20 minutes.

Turn chicken over and roast another 20 minutes, basting often.

Reduce heat to 200-220°C/400-425°F , turn chicken and roast for final 20 minutes, basting twice.

Use extra stock, if necessary, to prevent drying out.

Lift chicken onto board and let rest 10 minutes.

Remove the lemon.

Lift vegetables onto a serving platter and arrange chicken on top. Can quarter the chicken, if desired.

Surround with lemon quarters and olives.

Heat juices in pan, scraping off all the crusty bits, serve as a gravy.

I found it better to roast chicken on rack above the vegetables.

GOLDEN BRAISED CHICKEN WITH ROSEMARY AND GARLIC.

INGREDIENTS:

one third cup olive oil
1 onion, thinly sliced
5 cloves garlic, crushed
1 x 1.5 kg chicken cut into pieces or 1 packet braai cuts
5 tablespoons flour seasoned with salt and pepper
¾ cup dry white wine
2 tablespoons tomato paste
1 cup chicken stock (½ Knorr cube in 1 cup boiling water)
½ teaspoon sugar
1 tablespoon dried rosemary, crumbled

METHOD:

Heat oil in a large pot and saute the onion and garlic until softened - about 5 minutes.
Set aside.
Lightly coat the chicken pieces with the seasoned flour.
Brown on both sides in small batches on high heat.
Transfer the chicken, onion and garlic to a large corningware dish.
Increase heat to medium high in pot and add the wine, tomato paste and sugar, scraping up the browned pieces from the chicken.
Boil up and then pour over chicken in dish.
Cover and bake at 180°C for about 30 minutes.
After 30 minutes, add the chicken stock and rosemary.
Cook another 20 minutes.
Take lid off dish to brown chicken - 10 - 20 minutes.
Taste and salt and pepper if needed.

MARINADED CHICKEN.

INGREDIENTS:

1 cleaned chicken.	
¾ cup oil.	200 ml.
1 tblsp. finely chopped fresh or dried parsley.	15 ml.
2 teaspoons salt.	10 ml.
1 teaspoon garlic salt.	5 ml.
1 teaspoon mustard powder.	5 ml.
Juice of 1 large or 2 smaller lemons.	
2 crushed cloves garlic.	
1 teaspoon coarse grind black pepper.	5 ml.
1 teaspoon mixed herbs or origanum.	5 ml.

METHOD:

TO ROAST:

Combine all the ingredients except the chicken.

Beat well.

Pour over the chicken and marinade for at least a few hours or overnight.

Put the chicken and the marinade in a roaster and bake at 350°F. (180°C.)

Baste often until brown and crisp.

Skim the gravy, add a little water.

Thicken with Brono or similar.

TO GRILL OVER A BRAAI:

Boil up chicken for 15 minutes.

Cool and then cut into serving portions.

Pour over the prepared marinade and leave overnight.

Take out of marinade to braai but baste often.

TO GRILL IN THE OVEN:

Split chickens down the back - baby chickens are nicest.

Skewer chickens so they hold their shape.

Put in the marinade overnight.

Drain but reserve the marinade.

Place on a grilling tray over a roasting pan.

Put in a 400°F. (200°C.) oven, on bottom shelf.

Cook until crisp and gold.

You must turn and baste the chickens frequently with the reserved marinade.

Chicken marinated this way is particularly good cooked in a rotisserie or in a Weber braai.

WIENER SNITZEL.

INGREDIENTS:

Veal steaks.
Flour.
Salt, pepper and mustard powder.
Beaten egg.
Breadcrumbs.
Oil to fry.

METHOD:

Beat each slice of veal thinly.
Mix the flour with salt and pepper and a little mustard.
Use $\frac{1}{4}$ cup flour to 1 teaspoon salt.
Dredge each steak with the flour.
Beat in with the side of a plate.
Dip steak in beaten egg and finally dip in dry breadcrumbs.
Cover a wooden board with waxed paper.
Put in fridge and dry for several hours.
This step is important as it helps the the breadcrumbs
to stick.
Fry lightly in oil until cooked through.
Serve garnished with sliced hardboiled egg,
anchovies, lemon wedges and parsley.

Chops prepared this way are very tasty.

MYRNA ROSEN'S VEAL DELICIEUSE.

INGREDIENTS:

1 kg. veal - breast, shoulder or chops.	2 lbs.
5 ml. dry mustard.	1 tsp.
5 ml. salt.	1 tsp.
3 ml. pepper.	½ tsp.
5 ml. garlic powder.	1 tsp.
3 ml. ground ginger.	½ tps.
3 ml. seasoning salt.	½ tsp.
1.5 ml. cayenne papper.	¼ tsp.
3 ml. paprika.	½ tsp.
½ crushed chicken bouillion cube.	
1 diced onion.	
2 diced sticks celery.	
2 diced carrots.	
1 diced green pepper.	
250 g. sliced mushrooms.	½ lb.
1 crushed clove garlic.	
250 ml. water.	1 cup.
1 - 2 bayleaves.	
Few peppercorns.	
10 ml. cornflour.	2 tsp.

METHOD:

Rub meat with the mustard and season with salt, pepper, garlic powder, ginger, seasoning salt, cayenne and paprika.

Combine the crushed bouillion cube with the diced vegetables and garlic and place half of the mixture in the bottom of a roasting pan.

Place meat on top and cover with remaining vegetables.

Pour water over, add bayleaves and peppercorns.

Cover with foil and bake in 180°C (350°F.) oven until tender - approx. 2 hours.

Uncover, increase heat to 230°C (450°F.) and allow to brown for 30 minutes.

Thicken juices with cornstarch mixed to a paste with water.

STUFFED BREAST OF VEAL.

INGREDIENTS:

A breast of veal.

3 large sliced onions.

2 small potatoes.

1½ tablespoons Post Toasties.	22.5 ml.
1½ tablespoons Matzo meal.	22.5 ml.
1½ tablespoons Jungle Oats.	22.5 ml.
1½ tablespoons Taystee Wheat.	22.5 ml.
1½ tablespoons breadcrumbs.	22.5 ml.
1 tablespoon Rice Krispies.	15 ml.
2 teaspoons Mealie Meal.	10 ml.
1 teaspoon salt.	5 ml.
1 teaspoon sugar.	5 ml.
A good sprinkling pepper.	
2 tablespoons schmaltz or similar.	30 ml.
2 beaten eggs.	

METHOD:

When buying the breast of veal, ask the butcher to carefully cut as large a pocket in it, as he can.

Now make the stuffing:

Fry the onion in some oil until golden brown.

Mince the onion and the potato.

Add all the remaining ingredients to the onion and potato mixture. If too stiff, add a little extra fat.

Taste for seasoning.

Stuff the breast of veal - not too full as the stuffing will swell.

Sew up the opening.

Season the meat well with salt, pepper, a little ginger, onion and garlic salt and a little fondor or similar.

Put the meat in a roasting pan with a few sliced onions, carrots, a stick or two of celery and two skinned and seeded tomatoes. Add a chicken cube or two and a little water. Smear some schmaltz over top of meat.

Add a few bayleaves and peppercorns.

Roast covered, in a moderate oven, for about an hour.

Uncover and roast until tender and brown.

Baste and turn often. Remove meat from pan and set aside.

Skim fat from the pan juices and make a nice gravy.

TONGUE IN MUSTARD SAUCE - CROCODILE HOTEL STYLE.

INGREDIENTS:

2 pickled tongues	
2 bayleaves	
a few peppercorns	
2 cloves garlic	
2 sliced onions	
2 large, sliced carrots	
5 ml mustard powder	1 teaspoon
60 gr melted butter	4 tablespoons
10-15 ml worcestershire sauce	2-3 teaspoons
15-20 ml prepared English mustard	3-4 teaspoons
250 ml thick cream	1 cup
15 ml lemon juice	1 tablespoon
125 ml seedless raisins	½ cup

METHOD:

Cover the tongues with cold water.
Bring to the boil.
Throw off this water.
Pour over fresh water and add the bayleaves, the peppercorns, the garlic, the onions, the carrots and the mustard powder.
Cook until tender.
Remove from water and skin the tongues whilst they are hot.
Place on a board and weigh down each tongue with a foil covered brick.
Put the brick on the hump of the tongue.
This will give the tongue a good shape and make it easy to slice.
When cold, slice tongues thinly.

Mix together the melted butter, the worcestershire sauce, the mustard, the cream, the lemon juice and the raisins.
Layer the tongue in an ovenproof dish, pouring a little of the sauce between each layer.
Pour remaining sauce over the top.
Cover with foil and bake until sauce bubbles.
Bake in a hot oven, 200°C/400°F.

TONGUE IN APRICOT SAUCE.

TO COOK THE TONGUE.

Put the pickled tongue in a pot and cover with cold water.

Bring to the boil and skim.

Add 1 tablespoon vinegar

½ teaspoon mustard powder

some bayleaves and peppercorns..

Simmer tongue until tender - usually takes about 2 hours.

Let tongue cool slightly in its cooking broth.

Peel while warm.

Cover a brick with foil.

Cover a board with foil.

Put tongue on the board and put brick on top.

The weight of the brick shapes tongue into a nice flat shape and makes it very easy to slice.

Weight the tongue until quite cold.

Keep in fridge while cooling.

Slice thinly.

Layer sliced tongue in a casserole, pour over apricot sauce described below and reheat at 300°F. (160°C.) for 20 minutes or until well heated through.

TO MAKE THE SAUCE:

Juice from a 11½ oz. tin apricots.	410 g.
½ cup brown sugar.	125 ml.
¼ cup white vinegar.	63 ml.
¼ cup sultanas.	63 ml.
1 tablespoon Maizena.	15 ml.
1 teaspoon mustard powder.	5 ml.

Bring the apricot juice, sugar, vinegar and sultanas to the boil.

Slake the maizena and mustard powder with a little water.

Add to the simmering sauce and stir until thickened.

If desired, you can top this dish with the canned apricots. Heat through with the meat.

PAULINE'S TONGUE RECIPE - FRENCH TONGUE.

INGREDIENTS:

A pickled tongue.
2 sliced onions.
3 sliced carrots.
2 peeled, seeded and sliced tomatoes.

2 tablespoons sugar. 30 ml.
3 tablespoons white vinegar. 45 ml.
3 oz sultanas. 90 g.
A good handful toasted almonds.

METHOD:

Wash the tongue very well.
Put in a pot of water with the onion,
the carrots and the tomatoes.
Bring to the boil and simmer until soft.
When tongue is soft, remove from stock.
Peel tongue while warm.
Retain stock.
When tongue is cold, slice thickly and
set aside.

In a separate pot cook the sugar and vinegar.
Cook until reduced to a third.
Add ½ pint (300 ml.) of the stock and simmer
for 15 minutes.

Arrange tongue in a baking dish.
Sprinkle over the sultanas and the almonds.
Pour over sauce and reheat to serve.

Can be made day before but only add almonds when
reheating.

This dish can be frozen but make extra stock.
You may need to add more when reheating.
Also leave out almonds until reheating.

TO ROAST BEEF.

Weigh the meat.

Allow 30 minutes per lb. and 10 minutes over. i.e.

1 hour per kilo and 10 minutes over.

Season the meat with salt and pepper.

Place on a rack.

Cook in a 325°F. (160°C.) oven.

Turn halfway through cooking time.

Do not baste.

This method allows for a medium rare roast.

Make a gravy from the drippings in the pan.

YORKSHIRE PUDDING.

INGREDIENTS:

2 cups flour.	500 ml.
1 teaspoon salt.	5 ml.
½ teaspoon sugar.	3 ml.
4 eggs, slightly beaten.	
1 cup milk. *	250 ml.
1 cup water.	250 ml.
Drippings from roast and a little extra fat, if needed.	

METHOD:

Combine the flour, salt and sugar in a large bowl.
Make a well in the centre.
Add the eggs and the milk.
Stir into a smooth paste.
Slowly add the water and with a wire whisk, beat until mixture is thick and creamy.
Leave to rest for 1 - 2 hours in fridge.
Pre-heat oven to 450°F. (230°C.)
Put a teaspoon of dripping in each section of a pattypan.
Heat the drippings in the oven.
When the drippings are very hot, pour a little batter into each section of the pattypan.
Fill the pattypan sections halfway.
Return to oven and bake for 25 - 30 minutes until well risen and golden brown.
Serve immediately with roast beef and lots of gravy.

*If you wish to keep the Yorkshire pudding kosher, use water or pareva milk instead of the milk.

SANDRA'S ROAST LEG OF LAMB

INGREDIENTS:

average size leg of lamb
7 - 8 finely chopped cloves garlic
freshly ground black pepper
crushed rosemary
1 teaspoon lamb seasoning, if available 5 ml
1 teaspoon dried parsley 5 ml
1 teaspoon dried origanum 5 ml

salt
a few juniper berries
a few sprigs rosemary
½ cup oil 125 ml
½ cup lemon juice 125 ml

knob of butter or marge kneaded with
some flour
1 or 2 beefcubes
water as needed

METHOD:

Rub leg of lamb well with the garlic, lots of ground black pepper, a generous amount of crushed rosemary, the lamb seasoning, the dried parsley and the origanum. Let stand in fridge for a few hours for the flavours to be absorbed.

PLEASE NOTE YOU HAVE NOT USED ANY SALT.

Place the seasoned leg in an open shallow pan.

Do not add water or fat.

Roast at 425°F/220°C for ¾ - 1hour until sealed and brown.

Turn fairly often.

Remove roast from oven and salt lightly.

Reduce oven temperature to 375°F/190°C.

Sprinkle a few juniper berries and a few sprigs rosemary over the meat.

Pour over the oil and the lemon juice.

Roast the lamb a further 1½ - 2 hours or until done.

Baste often - if need be add a little water at a time to replace the oil and lemon juice.

Transfer leg to a warm platter and tent with foil to keep warm whilst you make the gravy.

Allow lamb drippings to stand a few minutes to cool in the roasting pan.

Remove all but 1 - 2 tablespoons of the fat.

Set the roasting pan over medium heat and stir in the knob of butter kneaded with the flour.

Stir in also a crushed beef cube.

Using a wooden spoon, stir until the gravy is smooth and brown in colour.

Gradually add water, a little at a time, until desired consistency has been reached.

During the cooking, stir and scrape all drippings into the gravy.

Taste and if necessary, add an additional beef cube.

Simmer a little while till gravy is slightly reduced and a little syrupy.

Strain and serve.

You may prefer to use: 1 cup of orange juice

½ cup of dry white wine

juice and the zest of 1 lemon

instead of the oil and lemon juice mixture.

You may also replace the oil with all or part olive oil, if preferred.

MYRNA ROSEN'S ROAST LEG OF LAMB.

INGREDIENTS: 1 leg of lamb, weighing approx 2 - 2½ kg 4 - 5 lbs

10 ml salt	2 teaspoons
5 ml lamb seasoning, if available	1 teaspoon
5 ml ground black pepper	1 teaspoon
10 ml dried rosemary	2 teaspoons
5 ml dried parsley	1 teaspoon
5 ml dried origanum	1 teaspoon

Fresh herbs are nice to use, if available.
1 teaspoon dried herbs = 1 tablespoon fresh.

5 - 6 finely chopped cloves garlic
1 - 2 onions, large dice
a few juniper berries

½ cup oil
½ cup lemon juice
½ cup honey

METHOD:

Wash meat well.
Season the leg with all the seasonings and the herbs.
Rub the garlic and the onion into the meat.
Let stand in the fridge for a few hours for the flavours to absorb.
Pour over the oil, lemon juice and honey.
Roast uncovered (bottom shelf) in a 200°C/400°F oven for 2 - 2½ hours.
Turn and baste often.

If desired, parboil potatoes for 20 minutes and halfway through cooking time, place around the lamb, turning and basting at intervals.

Make a good gravy from the drippings in the pan.

ROAST RACK OF LAMB.

INGREDIENTS:

1 rack of lamb weighing approximately 2-2,5kg
juice of 1 lemon
5ml (1 t) salt
5ml (1 t) coarsely ground black pepper
5ml (1 t) garlic powder
2ml (½ t) cayenne pepper
10ml (2 t) dry mustard
5ml (1 t) paprika
15ml (1 T) dried rosemary
10ml (2 t) finely chopped fresh parsley
1 large onion, sliced
125ml (½ cup) oil

MINT SAUCE.

few spigs mint, finely chopped
125ml (½ cup) oil
250ml (1 cup) brown vinegar
5ml (1 t) sugar
salt and pepper to taste

ALTERNATIVE SAUCE.

375ml (1½ cups) currant jelly or red plum jam
juice of half a lemon
15ml (1 T) port wine
20ml (4 t) prepared horseradish
20ml (4 t) prepared mustard

METHOD:

Wash meat off well.
Sprinkle with lemon juice.
Combine seasonings, spices and herbs and rub into meat well.

Place some onions on a large piece of foil.
Put meat on top, then place remaining onion slices over and around meat.
Enclose completely in foil and refrigerate for at least 12 hours, to allow flavours to permeate the meat.

Place in roasting pan, meat side up, pour oil over and roast in 230°C (450°F) oven for 10 minutes.
Reduce temperature to 200°C (400°F) and roast a further 20-30 minutes.

Allow the meat to rest for a few minutes before carving.
Serve with mint sauce or alternative sauce.

INGREDIENTS:

MINT SAUCE:

Combine all ingredients thoroughly.

Refrigerate for several hours before serving.

ALTERNATIVE SAUCE:

Combine all ingredients, heat gently and serve.

SERVES 6

METHOD:

Rub rack of lamb with oil.
Generously season with the Cajun mix.
Rub inbetween the bones.
Place on a rack and roast for 45 minutes to 1 hour at
200°C/400°F.
When serving dip each slice into the pan drippings.
If preferred, you can make a gravy from the pan drippings.

YELTA'S VEAL LIMONE.

INGREDIENTS:

5 - 6 schnitzels of veal, not too large
salt
freshly ground pepper
flour to dust
oil or butter to fry
250g sliced mushrooms
juice from 1 to two lemons
½ - ¾ cup chicken stock
chopped parsley

METHOD:

Season the veal with the salt and pepper.
Place between two pieces of waxwrap and roll with a rolling pin until each slice is paper thin.
Dust each schnitzel lightly with flour and sear very quickly on each side in hot butter or oil.
Set aside and keep warm.
In same pan, sautee the mushrooms, adding a little more oil or butter if needed.
Spoon mushrooms over reserved veal.
To remaining pan juices in pan, add the lemon juice and stock and cook a few minutes.
Taste and adjust seasoning if necessary.
Just before serving, add stock to veal and heat through.
Sprinkle with chopped parsley.

FROOMIE'S RACK OF LAMB.

INGREDIENTS: a rack of lamb - about 10 chops
make sure the butcher chins between each chop

Make this Cajun seasoning mix:

1 tablespoon paprika
2½ teaspoons salt
1 teaspoon onion salt
1 teaspoon garlic salt or garlic flakes
1 teaspoon red pepper
¼ teaspoon white pepper
¼ teaspoon ground black pepper
½ teaspoon dried thyme
½ teaspoon dried origanum

METHOD: Rub rack of lamb with oil.
Generously season with the Cajun mix.
Rub inbetween the bones.
Place on a rack and roast for 45 minutes to 1 hour at
200°C/400°F.
When serving dip each slice into the pan drippings.
If preferred, you can make a gravy from the pan drippings.

MARINADED LAMB RIBS.

STAGE 1:

INGREDIENTS: 20 - 25 lamb ribs
1 teaspoon thyme
1 teaspoon origanum
1 teaspoon rosemary
1 teaspoon marjoram
1 teaspoon salt
1 large onion, spiked with cloves

METHOD:

Place the ribs in a pot with lightly salted water to cover. Bring to the boil and simmer for 15 minutes. Throw off this water. Add fresh water and all the ingredients listed above to the ribs in the pot. Simmer for ½ hour. Throw off the water again. This boiling of the meat, defats the ribs to a certain degree.

STAGE 2:

INGREDIENTS: the cooked ribs
4 teaspoons dry mustard
worcestershire sauce
½ teaspoon salt
a good pinch pepper
2 cups tomato sauce OR tomato juice
1 teaspoon tobasco sauce

METHOD:

Place the ribs in a roasting pan. Mix the mustard, salt and pepper with sufficient worcestershire sauce to make a paste. Mix the tomato sauce and tobasco suace and add to the paste. Pour over the ribs. Bake in a moderate oven. Cover for the first hour and then continue baking until the ribs are tender. Add a little water from time to time and baste often.

It is better to prepare this dish a little before time. Refrigerate and then remove any excess fat. Reheat to serve.

YELTA'S BARBECUED BUTTERFLIED LEG OF LAMB.

INGREDIENTS:

a deboned and butterflied medium to large
leg of lamb
equal quantities olive oil and fresh lemon juice
4 - 5 crushed cloves garlic
1 sliced onion
very generous sprinkling of rosemary and origanum,
fresh or dried
generous sprinkling of salt
generous sprinkling of freshly ground pepper

METHOD:

Marinate the lamb in the above ingredients about
3 - 4 days.
Barbeque over a smouldering fire for 30 - 45 minutes,
depending on size and thickness.

Serve with the following choice of butters:

GREEN PEPPERCORN BUTTER:

In a skillet cook ½ cup crushed green peppercorns
in 2 tablespoons butter, over moderate heat until soft.
Purée in blender.

In a small bowl work the purée into a ½ cup of softened
butter.

Add salt and pepper to taste.

Let butter stand, covered, at least ½ an hour.

LEMON MUSTARD BUTTER:

In a small bowl, cream together ½ cup soft butter
and 2 tablespoons EACH of lemon juice and Dijon
style mustard, salt and pepper to taste.

Let stand covered 1 hour.

BARBECUED LEG OF LAMB.

THIS DISH HAS TO BE PREPARED OVERNIGHT.

INGREDIENTS:

Shank end of lamb	
1 pint water	300 ml
1 teaspoon dehydrated onion flakes, or 1 small chopped, sautéed onion	5 ml
3½ - 4 lb leg of lamb	1¼ - 2 kg
1 teaspoon salt	5 ml
1 teaspoon dry mustard	5 ml
1 teaspoon sugar	5 ml
1 teaspoon freshly ground pepper	5 ml
1 teaspoon ground ginger	5 ml
1 large clove garlic	
2 tablespoons oil	30 ml
1 tablespoon flour for dredging	15 ml
1 oz kneaded butter or	30 g
2 teaspoons arrowroot mixed with	10 ml
1 tablespoon stock for gravy	15 ml

FOR BARBECUE SAUCE:

4 tablespoons tomato sauce	60 ml
4 tablespoons mushroom ketchup	60 ml
4 tablespoons worcestershire sauce	60 ml
2 - 4 tablespoons chutney	30 - 60 ml
or bottled spicy fruit sauce	
2 - 4 tablespoons red plum or gooseberry spicy fruit sauce	30 - 60 ml
2 - 4 fluid oz oil	50 - 125 ml
2 teaspoons sugar	10 ml
dash of red wine vinegar	
dash of tobasco sauce	

METHOD:

To make the stock:

Put shank end of lamb into a little pot with the water and either type onion.

Simmer gently for 45 minutes.

Strain and keep this stock for the gravy.

Mix all the dry ingredients together, rub over the surface of the meat.

Leave overnight.

Split the garlic into 4 - 5 pieces and stick these into the lean of the meat, near the bone.

Dredge the joint with flour.

Heat the oil in a roasting pan.

Do not use too big a dish.

If you use too big a dish, the barbecue sauce will spread and burn.

Set the leg in the roasting dish and baste well with the hot oil.

Cook for 1 hour in oven at 400°F. (200°C)

Baste and turn from time to time.

To make the barbecue sauce, add all the sauces to oil, sugar, vinegar and tobasco and mix.

Remove the meat from the oven.

Carefully tip off the accumulated fat

Pour half the barbecue sauce mixture over the meat.

Reduce the oven to 375°F. (190°C)

Continue cooking for 15 minutes.

Then baste the meat with the remaining sauce.

If the roasting dish is dry, add a little of the prepared stock to keep the meat moist.

Continue cooking 15 to 20 minutes.

Take up the meat, place on a serving dish and keep warm.

YOU CAN DO THE LAMB UPTO THIS POINT.

REFRIGERATE AND REHEAT.

To make the gravy, tip the stock into the roasting dish.

Boil up well until it is reduced in quantity to ½ pint.(300ml)

Thicken with the kneaded butter or the arrowroot and stock.

Serve in a gravy boat.

Hint on the barbecue sauce: Double the sauce and use as much as needed.

If you cannot get mushroom ketchup, you can either chop about ½ lb (500g) mushrooms, let stand awhile and then squeeze the juice or simply use extra tomato sauce and worcestershire sauce to replace the quantity ketchup.

POTROAST LEG OF LAMB. (CAROL)

Trim a leg or shoulder of lamb .
Brown gently on both sides in oil in a large, heavy
roaster with lid.

Remove.

In the same pan brown 2 chopped onions.

Crush in 2 cloves garlic.

Stir into the pan 2 tablespoons (30 ml) flour.

Add: ½ cup tomato puree	125 ml
1 tablespoon brown vinegar	15 ml
2 bayleaves	
1 cup beefstock (1 cube per cup)	250 ml
2 tablespoons brown sugar	30 ml
1 tablespoon Worcester sauce	15 ml

Bring to the boil.

Return the meat to the roaster and sprinkle
with 1 teaspoon (5 ml) mixed herbs, 1½ teaspoons
(8 ml) salt and a little freshly ground pepper.

Baste with the liquid.

Cover securely and bake at 300°F (180°C) for 1½ hours.

Turn and bake another ½ hour..

It should now, be nearly done.

You may add small new potatoes and whole baby carrots
at this stage, if desired.

Cook for a further ½ - three-quarter hour.

Add 250 g fresh, sliced mushrooms now.

Cook until done.

If necessary thicken gravy with 2 tablespoons cornflour
mixed with a little stock.

ANGELA'S MEAT LASAGNE.

THE TOMATO MEAT SAUCE:

INGREDIENTS:

1 chopped onion	
6 tablespoons oil	90 ml
3 - 4 chopped chillies	
1 lb 6 oz mince meat	600 g
½ cup dry white wine	80 ml
6 x 15 oz cans Italian tomatoes	6 x 425 g
salt, pepper and a pinch of sugar	

METHOD:

Saute the onions in the oil.
Add the chillies, sauté a little while longer.
Add the mince meat and stir fry until quite dry.
Throw over the wine and stir fry again until absorbed.
Add the tinned tomatoes.
Season and simmer for about 1½ hours.
While the sauce is simmering, break up the tomatoes with a fork.
Set aside and cool.

MEDIUM BECHAMEL SAUCE: Makes 8 fl oz. (250 ml)

INGREDIENTS:

8 fl oz milk	250 ml
¼ oz butter	25 g
2 tablespoons flour	
pinch of nutmeg	
salt and pepper	

optional flavourings:

½ onion
small bay leaf
½ teaspoon peppercorns

METHOD:

Heat the milk in a saucepan until hot.
If you are using the optional flavourings, add them to the milk, then bring to the boil.
Remove from heat, cover and leave to infuse for 10 minutes.
Strain the milk to remove the flavourings.
Make a roux by melting the butter in a heavy saucepan.
When it begins to foam, whisk in the flour and cook, stirring all the time until foaming - about 1 minute.
Remove the pan from the heat and add half the milk, whisking constantly.

Return the pan to the heat and whisk until the sauce begins to thicken.

Add the rest of the milk off the heat and whisk.

Return the sauce to the heat and bring to the boil, whisking until the sauce thickens, once more.

Season to taste with nutmeg, salt and pepper and simmer a further 2 - 3 minutes.

Pasta:

Try to get or make fresh lasagne verdi.

Do not buy the dry green pasta.

It is tasteless and has no spinach in it.

Only add 3 - 4 pieces of the lasagne to the boiling water at a time.

Only cook 1 - 2 minutes.

Remove with a slotted spoon.

Lay each piece flat on a cloth and repeat as many times as needed.

ADDITIONAL

INGREDIENTS:

grated mozzarella

freshly grated parmesan

TO ASSEMBLE:

Lay down a very thin layer of the tomato-meat sauce on the base of a rectangular baking dish.

The dish should not be deeper than 4½ - 5 cm. (1¾" - 2")

The dish should be longish and shallow.

Put a layer of the lasagne over the tomato sauce.

Spread over a thin layer of tomato-meat sauce.

Sprinkle with a little grated mozzarella and a little parmesan.

Put over a layer of pasta.

Then: a layer of tomato-meat sauce

grated mozzarella and parmesan - sparingly

dot with a little bechamel

a layer of pasta

tomato-meat sauce

a sprinkling of mozzarella and parmesan

dots of bechamel etc

Top with some parmesan.

Cover dish with tin foil.

Bake 10 minutes in 160°C (350°F) oven.

Remove the foil and bake another 15 - 20 minutes.

To test, put in a knife. If the knife is hot, pasta is ready.

If you not want to use meat, you may make a simple tomato sauce instead.

Use the same method as for meat sauce.

Use 1 chopped onion

4 grated sticks celery (white part only)

1 grated carrot

4 tins of tomatoes.

PASTA HINTS:

To rewarm pasta - pour boiling water over pasta through a strainer.

Do not add oil to the pasta water when cooking.

Rather toss through cooked pasta.

RUTH'S STEW.

INGREDIENTS:

2 kg meat suitable for stewing - consider chuck
flour, seasoned with salt, pepper, paprika, ginger
and mustard powder
a few bayleaves
a few peppercorns
sufficient beef stock to just cover meat
a tablespoon or two of tomato puree
½ teaspoon thyme
small potatoes
fresh or frozen peas
some pre-boiled baby onions

METHOD:

Dust the meat with the seasoned flour.
Brown in a little oil.
Add the bayleaves, peppercorns, beef stock, tomato
puree and the thyme.
Put in a 350°F oven and simmer until soft.
Add the potatoes, peas if fresh and onions about an hour
before stew is ready.
Frozen peas you only add right at the end.

YELTA'S LAMB IN SUPER SAUCE.

INGREDIENTS:

a leg or shoulder of lamb	
1 x 410 g can tomato puree	15 oz
an equal amount of water	
125 ml brown sugar	½ cup
30 ml white vinegar	2 tablespoons
30 ml worcester sauce	2 tablespoons
5 ml salt	1 teaspoon
5 ml paprika	1 teaspoon
3 ml cayenne pepper	½ teaspoon
2 crushed cloves garlic	
2 - 3 bayleaves	
a few peppercorns	
a few juniper berries (optional)	
a handful of chopped celery	
2 green and 2 red peppers, just sliced in half but deseeded	
about 10 new potatoes	

METHOD:

Wash and dry the meat.

Place in a roaster.

Combine the puree, the water, the brown sugar, the vinegar, the worcester sauce, the salt, the paprika and the cayenne.

Add the garlic, the bayleaves, the peppercorns, the juniper berries, the celery and the green and red peppers.

Cover and bake in a very slow oven for 3 - 4 hours.

140°C - 160°C i.e. 250°F - 300°F.

About an hour before the roast looks done, add the new potatoes.

Now roast uncovered, basting frequently until the potatoes are a lovely golden colour and the roast, tender and brown.

If the gravy gets too sticky and thick, thin with a little water. Do not add additional sauce.

HOW TO ROAST A LEG OF LAMB.

INGREDIENTS:

An average size leg of lamb.

The juice from a large lemon.

Seasoning: Salt

Pepper

Garlic salt

Mustard powder and

Rosemary.

3 or 4 peeled and sliced carrots.

2 or 3 peeled and sliced onions.

2 or 3 cloves of garlic.

Some chopped celery.

1 or 2 ripe, peeled, seeded and sliced tomatoes.

Some chicken fat.

Water.

METHOD:

Rub the leg of lamb with the lemon juice and let it stand for an hour or two.

Season well.

Put in a roasting pan with the carrots, the onions, celery and tomatoes.

Smear some chicken fat over.

Put a little water in bottom of the roaster.

You can add a chicken cube to the water.

A few bayleaves and peppercorns will not go amiss.

Roast at 350°F. (180°C.) for 1½ hours.

Baste often.

Keeping the lid on, turn temperature up to 500°F. (260°C.)

When the oven reaches the 500°F. mark - remove lid.

Roast and baste until crisp and brown.

This usually takes about an hour.

The meat will be juicy and off pink.

FAMILY MEAT SAUCE BOLOGNAISE.

INGREDIENTS:

about 2 tablespoons oil
1 large onion, chopped
2 crushed cloves garlic
3 large carrots, grated
1 tablespoon chopped parsley
1 deseeded green pepper, chopped

1 kg minced beef
oil for frying

1 cup water
500 g ripe tomatoes, skinned, deseeded and chopped
or
a 425 g can tomatoes, chopped
a sprinkling of sugar
2 tablespoons tomato paste
dash of tomato sauce
1 can mushrooms, sliced, reserve liquor
2 teaspoons salt
a good grinding pepper
2 bayleaves
8 peppercorns

METHOD:

Sauté the onions in the oil.
Add the garlic and sauté a few moments.
Add the carrots, parsley and the green pepper.
Sauté about 10 minutes, stirring occasionally.

In the meantime brown the mince in some oil.

Add the onion mixture to the meat.
Add the water, tomatoes, sprinkled with a little sugar, the tomato paste, the tomato sauce, the mushrooms and its liquor, salt pepper bayleaves and peppercorns.
Cook about 2½ hours, stir frequently and taste.
Remove the bayleaves and peppercorns.
Serve over cooked spaghetti.

This meat sauce freezes well.

SHEILA'S SWEET AND SOUR MEATBALLS.

INGREDIENTS:

1 lb. minced beef.	500 g.
1 egg.	
1 small finely grated onion.	
½ cup applesauce.	125 ml.
¼ cup breadcrumbs.	63 ml.
A pinch of nutmeg.	
A sprinkling of garlic salt.	
Salt and pepper to taste.	
¼ cup brown sugar.	63 ml.
½ cup canned, drained tomatoes.	125 ml.
1 cup tomato sauce.	250 ml.
2 tablespoons B.B.Q. sauce.	30 ml.
2 tablespoons lemon juice.	30 ml.
2 tablespoons sherry.	30 ml.

METHOD:

Mix the meat, the egg, the onion, the applesauce and the breadcrumbs.
Season with the nutmeg, the garlic salt and the salt and pepper.
Form into little patties and brown lightly in some oil.

Combine the sugar, the tomatoes, the tomato sauce, the B.B.Q. sauce, the lemon juice and the sherry.

Bring to the boil and simmer gently for a few minutes to blend.

Pour over the meat balls and bake about ½ hour.

Bake in a moderate oven - 325°F. i.e 170°C.

If sauce looks too thick, thin with a little water.

COTTAGE PIE, BEACON ISLAND HOTEL STYLE.

INGREDIENTS:

1 kg coarsely ground beef
oil for frying
1 beef cube, crumbled
1-2 tablespoons tomato paste
seasoning
1½ cups cold water

2 onions, chopped
2 cloves garlic, crushed
5 very ripe tomatoes, peeled, deseeded and chopped

7-8- medium potatoes
1 egg beaten
1 tablespoon flour
1 tablespoon oil or margerine
½ teaspoon baking powder
salt and pepper

METHOD:

Brown meat in oil.
When brown, add the cube, the tomato paste, seasoning and water.
Set aside.

In same pot fry the onion and the garlic.
Add the tomatoes and simmer for about 15 minutes.
Add to the browned beef.
Taste for seasoning.

Boil potatoes until soft.
Drain off excess water, mash and add egg, flour, oil, .
baking powder and seasoning.

Place meat mixture in ovenware dish.
Top with mash potato.
Bake in 180°C (350°F) oven for 40 minutes.

FRICADELLES.

INGREDIENTS:

1kg beef mince
1 bread roll or 2 tablespoons matzo meal
1 ripe tomato
1 medium onion
1 medium potato
125ml ($\frac{1}{2}$ C) cold water
1 chicken bouillon cube, crushed
2ml ($\frac{1}{2}$ t) pepper
10ml (2 t) salt
2ml ($\frac{1}{2}$ t) ground ginger
oil for frying

2 onions sliced and fried to be used as a topping

METHOD:

Grate bread roll, tomato, onion and potato and add to the meat.

Add water, crushed bouillon cube, seasonings and spices and mix with a fork.

Shape into patties and fry in oil until nicely browned and cooked through.

Set on platter and top with fried onion slices.

WATERBLOMMETJIE BREDIE.

INGREDIENTS:

1 kg waterblommetjies	2 lbs
1 - 1½ kg mutton - use riblets, breasts or chops	2 - 3 lbs
30 ml oil	2 tablespoons
4 chopped onions	
juice from 3 lemons	
45 ml brown sugar	3 tablespoons
aromat	
salt and pepper to taste	
a crushed beef cube	
400 ml water	1½ cups
4 diced potatoes	

METHOD:

Wash the waterblommetjies thoroughly under running water.

Split into large chunks and leave to soak in salt water for about ½ hour.

Brown meat well in the oil.

Drain on brown paper.

Sauté onions in the same oil.

Add meat back to onions.

Mix together the lemon juice, the brown sugar, seasonings, the cube and the water.

Pour over the meat and the onions.

Cover and allow to simmer whilst preparing the waterblommetjies.

Cut the waterblommetjies into smaller pieces.

Trim away any brownish leaves.

Now add the waterblommetjies and the potatoes to the stew.

When the meat is beginning to become tender, taste and adjust seasonings.

Put into a casserole and bake open in a moderate oven.

Baking will give the stew a gloss and remove that boiled look.

To thicken the stew, mash a few of the potatoes against side of casserole and mix through.

If too fatty remove some of the fat before serving.

Serve the stew on rice.

This stew tastes nicer if prepared the day before serving.

STUFFED BABY MARROWS.

When buying the baby marrows, choose a medium size. See that they are as straight as possible. Remove the marrows from the fridge at least 2 to 3 hours before use, otherwise they will be too crisp and they will break whilst cleaning them.

INGREDIENTS:

18 baby marrows	
2 coarsely chopped onions	
1 clove garlic	
salt and pepper to taste	
¼ cup uncooked rice	63ml
1 cup minced meat approx ½ lb	250ml
½ teaspoon salt	3 ml
a good dash pepper	
1 cup water	250ml
¼ cup tomato puree	63ml
pinch of sugar	

METHOD:

Wash and dry the baby marrows.
Cut off stalk end and carefully scoop out the pulpy centres.
Discard the pulp.
Trim off the blossom ends.
Set aside - can be prepared the day before if pressed for time. Cover well and refrigerate.

In a large pot, gently fry the onions and garlic. Season with salt and pepper.

Mix the uncooked rice, minced meat, salt and pepper. Stuff the cleaned marrows with this mixture. Stuff only ½ way as the rice will swell. Place in the pot with the fried onions and garlic. Cover with the water, tomato puree and sugar. Simmer gently, lid on, for at least 3 hours. Add more liquid (water and tomato puree) if necessary. The marrows should be very tender without having broken and the gravy thickened, when ready.

TRADITIONAL BOBOTJIE.

<u>INGREDIENTS:</u>		
1 slice bread cut 1½" thick		3,75 cm
2 cups chicken stock made with 2 cubes		500 ml
2 large onions, chopped		
2 cloves garlic, crushed		
4 tablespoons oil		50 ml
1 teaspoon strong curry powder		5 ml
2 teaspoons medium curry powder		10 ml
½ teaspoon cinnamon		2 ml
1 teaspoon salt		5 ml
good few grinds black pepper		
1 tablespoon smooth apricot jam		15 ml
½ cup seedless raisins		125 ml/75 g
1 tablespoon chopped preserved ginger		15 ml
2lbs mince meat		1 kg
1½ oz packet oxtail soup powder		50 g
6 finely diced dried apricots		
1 - 2 tablespoons brown vinegar		15 - 30 ml
2 tablespoons hot chutney		30 ml
2 eggs		
½ teaspoon mustard powder		2 ml
2 drops almond essence		

METHOD:

Soak the bread in HALF the stock.

Fry the onion and the garlic in oil until soft and golden brown.

Add the curry powders and fry a few moments to release the fragrance.

Add the cinnamon, salt, pepper, apricot jam, raisins and the ginger.

Fry until all ingredients are well blended.

Add the meat and stir fry until brown.

Add the soup powder, the apricots, the vinegar to taste and the chutney.

Fork through the soaked bread.

Taste for seasoning.

Spoon into an ovenware dish.

Smooth but do not flatten.

Beat the eggs well.

Beat in the remaining stock, the mustard powder and the almond essence.

Pour over the meat.

Dust with paprika.

Place bobotjie in a dish of hot water.

Bake at 350°F/180°C for about 40 minutes to an hour.

If not kosher use this topping/custard.

3 eggs

1 cup milk

1 teaspoon curry powder.

Beat eggs very well, then beat in the milk and curry powder.

Pour over the meat.

Stud with some blanched almonds.

Traditionally the bobotjie will be garnished with 3 - 4 lemon leaves. The leaves impart a subtle flavour.

If the leaves are unavailable, it is not of great importance.

SAVOURY MINCE PLAIT.


INGREDIENTS:

500 g. mince meat.	1 lb.
2 finely chopped onions.	
200 g. thinly, sliced mushrooms.	7 oz.
20 ml. Worcestershire sauce.	1 tblsp. + 1 tsp.
30 ml. tomato sauce.	2 tablespoons.
10 ml. mixed herbs.	2 teaspoons.
Salt and pepper to taste.	
200 ml. wine or strong beef stock.	$\frac{3}{4}$ cup.
1 egg, lightly beaten.	
2 rolls frozen puff pastry.	
Beaten egg to brush the pastry.	

METHOD:

Sauté the onions and the mushrooms in a little oil.
Add the minced meat and brown.
Add the Worcestershire sauce, the tomato sauce, the mixed herbs, salt and pepper and the wine or stock.
Cover and simmer for 30 minutes.
Allow to cool completely.
Mix through the beaten egg.

Unroll the defrosted pastry and cut as in diagram.



Place the meat down centre and plait the pastry over.
Brush with the beaten egg and bake at 220°C. (425°F.)
for about 15 minutes or until golden brown.

ZIVA'S CHOLENT. To be made in a slow cooker.

INGREDIENTS:

4 medium chopped onions.
2 large, seeded and sliced ripe tomatoes.
8 sliced carrots.
4 tablespoons oil. 60 ml.
¾ cup mixed white and brown beans.
You may soak the beans overnight,
5 potatoes, cut into large dice.
To season: Salt
Pepper
Ginger
Cinnamon.
2 lbs. sliced, boneless brisket.
About 4 - 5 marrow bones.
A good handful of barley.
A 15½ oz. tin butter beans. 410 g.
2 tablespoons sugar or syrup. 30 ml.

METHOD:

Sauté the onions, tomatoes and carrots in oil.
Layer in bottom of the slow cooker.
Put beans on top.
Sprinkle with salt and pepper.
Bring up to boil and simmer for 10 minutes
in open pot.
Lay down ½ the potatoes.
Season with salt and pepper.
Layer the brisket and the marrow bones.
Sprinkle over the barley.
Spread over the butter beans.
Season with the rest of the seasonings.
Top with the remaining potatoes.
Pour over the syrup.
Cover with water.
Wait till water settles and add again until
the slow cooker is full.
Cover and set cooker on high.
When the cholent has started to cook, turn
to low and cook overnight, at least.

DO NOT OPEN THE LID DURING COOKING.

BAR. B.Q. MEAT RING.

INGREDIENTS:

½ lb. beef sausage meat	250 g.
¾ lb. beef mince.	375 g.
¾ lb. veal mince.	375 g.
1 cup fresh breadcrumbs.	250 ml.
1 small grated apple.	
2 chopped onions.	
1 teaspoon salt.	5 ml.
½ teaspoon pepper.	2 ml.
2 teaspoons medium curry powder - Cartwright's.	10 ml.
1 tablespoon chopped parsley.	12.5 ml.
1 egg.	
1 cup water.	250 ml.

Combine all the mince meats, the breadcrumbs, the apple, the onions, the salt, pepper, curry powder, the parsley and egg in a bowl.

Beat until well mixed.

Gradually add the water and continue beating until very smooth.

Use mixmaster.

Put mixture into a greased loaf or ring baking dish.

Bake at 325°F. - 350°F. (160°C. - 180°C.) for 30 minutes.

If using a loaf tin you can put 3 or 4 hardboiled eggs in middle of the loaf.

Remove from oven and drain off fat.

Take out of the loaf or ring mould and put inot a dish large enough to take it together with the sauce described below.

Pour sauce over the meat and bake a further 45 minutes, basting frequently.

Serve hot with mixed vegetables in the centre or cold with salads.

BAR. B.Q.

SAUCE:

¾ cup water.	190 ml.
½ cup tomato sauce.	125 ml.
2 tablespoons Worcester sauce.	25 ml.
1 teaspoon Amoy sweet chili sauce.	5 ml.
¼ cup brown sugar.	60 ml.
2 tablespoons vinegar.	25 ml.
1 teaspoon coffee powder.	5 ml.
2 teaspoons lemon juice.	10 ml.

SWEET AND SOUR CABBAGE BLINI.

INGREDIENTS:

2 or 3 large cabbages	
1 kg lean mince meat	2 lbs
2 carrots	
1 large potato	
1 large onion	
1 clove garlic	
8 ml salt	1 heaped tsp
1,5 ml pepper	¼ tsp
125 ml oil	½ cup
250 ml iced water	1 cup
2 large sliced onions	
500 g ripe, skinned, seeded and sliced tomatoes	1 lb
1 x 440 g can tomatoes and its juice	16 oz
2 sliced carrots	
750 ml beef stock	3 cups
200 ml golden syrup	¾ cup
1 x 225 g can tomato puree	7½ oz
150 ml lemon juice or less	4 fluid oz
8 ml salt	1 heaped tsp
1,5 ml pepper	¼ tsp

TO PREPARE THE LEAVES:

Cut out core of cabbage - loosens the leaves and aids the cooking.

Discard outer damaged leaves.

Put cabbages in a deep pot of boiling water.

Cover with lid.

Simmer until the leaves start to soften and separate.

Watch carefully.

Drain and leave in cold water to cool.

Separate each leaf and cut away the hard centre vein.

This makes it easier to roll.

TO PREPARE THE FILLING:

Mince the beef with the carrots, potato, onion and garlic.

Add the salt, pepper, oil and water.

Beat together very well until light and fluffly.

Combine all ingredients in a pot and bring to the boil.

Simmer for 5 minutes.

Pour over the meat and cook.

If the sauce gets too sticky whilst baking, add a little water.

RUTH'S STEW.

INGREDIENTS: 2 kg stewing meat - on the bone is sweeter 4 lbs
flour seasoned with: salt
pepper
paprika
ginger and
mustard powder
a few bayleaves and peppercorns
beefstock - sufficient to just cover the meat
15 ml tomato puree 1 tablespoon
3 ml thyme ½ teaspoon
small potatoes, peeled
some pre-boiled bay onions
fresh or frozen peas

METHOD: Dust the meat with seasoned flour.
Brown in a little oil.
Add the bayleaves, peppercorns, beefstock, tomato puree and the thyme.
Put into a 180°C/250°F oven and bake until tender.
Add the potatoes about an hour before stew looks ready.
Add the baby onions about ½ hour before the stew looks ready.
Add the peas just before serving.
Fresh peas will of course, require longer cooking.

TO ASSEMBLE:

Place a tablespoon of the meat mixture on the inside of each leaf.

Fold over, then fold in the sides - like a blintze.

Roll up securely and fasten with a toothpick.

Place blini, side by side, seam down in a large roasting pan.

Put the sliced onion, the sliced tomatoes, the tin of tomatoes and its juice and the sliced carrots over the blini.

Combine the stock, the syrup, the puree, most of the lemon juice, salt and pepper.

Pour over the blini.

You can also crumble an additional beef cube over all.

TO COOK:

Simmer gently on top of stove - lid on, for approximately one hour.

Then place in a slow oven - 160°C/300°F for about 2 - 3 hours.

Baste often.

During the baking, taste often.

If too sweet, add more lemon juice.

If too sour, add more syrup.

Blini should be delicately brownish and soft.

This dish freezes well.

AN EASY WAY TO SEPARATE CABBAGE LEAVES:

Wrap a cabbage in a plastic bag and place in freezer for 2 - 3 days.

Remove and allow to defrost in fridge overnight.

When defrosted, the leaves will be limp.

Remove leaves carefully, lifting each one separately and cutting off at the stem.

Leaves do not tear and come out large and whole this way.

If necessary blanch in boiling water to enable you to peel away the hard centre vein.

SOSATJIES i.e. KEBABS.

INGREDIENTS:

Have the butcher prepare 12 - 14 sosatjies.
Salt and pepper.

2 big, sliced onions.	
2 tablespoons curry powder.	30 ml.
2 tablespoons brown sugar.	30 ml.
1 tablespoon maizena.	15 ml.
¾ cup white vinegar + 1½ cups water.	563 ml.
¾ cup apricot jam.	200 ml.
1 or 2 bayleaves.	

METHOD:

Lightly season the sosatjies with the salt and pepper.
Blanch the onions by boiling for 5 minutes.
Throw off the water and fry gently in some fat, just until golden.
Add 1 cup water and simmer for a few minutes.
Mix the curry powder, the sugar, the maizena and the vinegar and water mixture.
Add to the onions and boil up.
Add the jam and the bayleaves.
Cool the mixture and then throw over the sosatjies.
Marinate the sosatjies in the sauce for at least 3 days, turning frequently.
Braai as required.

BARBECUED LAMB RIBS.

<u>INGREDIENTS:</u>	4 lbs. lean lamb ribs - cut into serving portions.	2 kg.
	½ cup brown sugar.	125 ml.
	1 x 16 oz. can tomato puree.	425 g.
	1 cup water.	250 ml.
	3 tablespoons vinegar.	45 ml.
	1 cup pineapple juice.	250 ml.
	4 tablespoons grated onion.	60 ml.
	2 tablespoons worcestershire sauce.	30 ml.
	1 teaspoon salt.	5 ml.
	1 teaspoon paprika.	5 ml.
	½ teaspoon cayenne pepper.	3 ml.
	½ teaspoon pepper.	3 ml.
	¼ teaspoon cinnamon.	1.5 ml.
	1 x 16 oz. can pineapple chunks.	425 g.

METHOD:

Brown the ribs in hot oil.

Season with some salt and pepper and drain on brown paper.

Combine all the remaining ingredients except the pineapple chunks to make a sauce.

Arrange drained meat in a roasting pan.

Pour over the sauce and bake covered in a moderate oven.

Uncover an hour before done and add the drained pineapple chunks.

Baste frequently and remove excess fat.

Serve very hot with rice.

FAMILY CURRIED LAMB.

INGREDIENTS:

12-14 lamb chops
2 chopped onions
3 finely grated bananas
1 large or two small grated green apples
2 peeled, deseeded and grated ripe tomatoes
3 tablespoons chutney
2 tablespoons smooth apricot jam
3-4 tablespoons white vinegar
3 tablespoons tomato sauce
¼ teaspoon allspice
1½ tablespoons curry powder
1 teaspoon salt
sprinkling pepper
1 teaspoon tumeric

METHOD:

Brown chops in oil.
Season and drain on brown paper.
Add just enough water to the above chops to cover and simmer for 1 hour.
Fry the onions, bananas, apples and tomatoes.
To this add the chutney, jam, tomato sauce, allspice, curry powder, salt, pepper and tumeric.
Fry together for about 5 minutes.
Add the fruit mixture to the chops and simmer about 2 hours.
Taste and season accordingly.
Serve on rice.

LINDA'S LIVER RECIPE.

INGREDIENTS:

½ kilo calf's liver. 1 lb.
At least 6 chopped onions.
2 x 285 g. tins sliced mushrooms. 2 x 10 oz.
Salt and pepper to taste.
A pinch of garlic salt.
A pinch of Aromat or similar.

METHOD:

Slice the liver into thin strips.
Fry in a little oil until nearly done.
Set aside.
Fry the onions until soft, then set aside.
Fry the mushrooms and then set aside.
Put the liver, the onions and the mushrooms,
together.
Season with the salt, pepper, garlic salt and
Aromat.
Braise all together for a few minutes.
Drain off accumulated fat and add a little water,
to make a sauce.
Simmer awhile.
Taste and adjust seasonings.
May be served as a starter or as a side dish.

LIVER FRICASSE.

METHOD:

Fry 2 or 3 chopped onions in chicken fat or oil
until tender. Remove from pan.
Slice a calf's liver into thin slices.
Season with salt and pepper.
Quickly brown the liver slices in the fat in which
the onions have been fried.
Add the fried onions to the fried liver.
Slowly add a little boiling water.
Cover with a lid and let the mixture simmer for about
7 - 8 minutes.
Thicken the gravy with a little Brono and cornflour.
Add more boiling water if necessary.
Adjust seasonings after tasting.
Gravy must be a rich brown colour.

OSSO BUCCO.

INGREDIENTS:

3 finely chopped onions
4 finely chopped carrots
3 sticks, finely chopped celery
oil for frying
2 crushed cloves garlic
2 strips lemon zest

8 x 3"/7cm veal shanks - tie centre with string to
keep shape during cooking

well seasoned flour - to every ¼ cup flour use
½ tsp salt
½ tsp nutmeg
½ tsp paprika
¼ tsp ground black pepper
¼ tsp mustard powder
¼ tsp ginger
¼ tsp mixed herbs

2 cups/500 ml white wine
2 cups/500 ml chicken, veal or beef stock
1 x 410 can Italian tomatoes
sprinkling of sugar
4 stalks parsley
½ tsp dried thyme
6 snipped basil leaves

METHOD:

Preheat oven to 350°F/180°C.
Choose a heavy cast iron casserole with a tightly fitting lid.
The meat should be fairly confined.

Heat the oil and gently fry the onions, carrots and celery,
for about 10 minutes.
Toss in the crush garlic and the lemon zest.
remove from heat.

Dust the veal shanks with the seasoned flour and fry until
lightly browned.
Transfer to the casserole with the vegetables.

Pour excess fat from the pan used to fry the meat and deglaze with some wine.

Pour this over the veal shanks.

Now add the cut up tomatoes to which you have added a sprinkling of sugar, to prevent acidity.

Add the remaining wine, stock, parsley, thyme and the basil leaves.

The moisture level should come up to the top of the knuckles. Bring the casserole to boil on the stove and then place in the oven.

Cook slowly for 1½ - 2 hours until meltingly tender.

Check every 15 minutes.

To serve, sprinkle a little Gremolada on each portion.

Accompany with rice or noodles.

GREMOLADA:

Mix together: 10 ml grated lemon zest

2 very finely crushed cloves garlic

30 ml chopped parsley.

TIP:

Pack shanks upright in casserole to retain the marrow in the bones.

You can substitute lamb shanks if veal is unobtainable.

SPICED FILLET OF BEEF.

INGREDIENTS:

1 nicely trimmed, whole fillet
2 cloves garlic
4 tablespoons soya sauce
4 tablespoons lemon juice
8 tablespoons oil
½ teaspoon mixed herbs
½ teaspoon dried parsley
2 teaspoons celery salt
2 teaspoons lemon pepper
½ cup chopped spring onion

METHOD:

Place the fillet in a marinading dish.

Process the cloves garlic for a few seconds.

Add the soya sauce and the lemon juice.

Slowly add the oil, the mixture should thicken and emulsify.

Add the mixed herbs, the dried parsley, the celery salt and the lemon pepper.

Process for a few seconds.

Stir through the spring onion.

Pour all this over the meat and marinade for at least 2 hours, turning frequently.

Remove the fillet from the marinade and place on a rack.

Roast in a 200°C (400°F) oven for 30-40 minutes.

Roasting time ofcourse, depends on the size of the fillet.

Fifteen minutes per ½ kg and fifteen minutes over is usually accurate.

Test by pricking with a sharp knife - if the juices run pink, roast should be medium rare.

Make a gravy from the marinade.

You may want to dilute the strength of the marinade with a little water.

Thicken with Brono or similar.

ALTERNATIVE WAY OF ROASTING A FILLET.

Brown fillet on all sides, in very hot butter or oil.

Roast on a rack for 20 minutes at 240°C (475°F).

MOCK BEEF STROGONOFF.

INGREDIENTS:

1kg tender steak, cut into strips

3 large onions, coarsley chopped

2 green peppers, coarsely diced

¾ cup tomato sauce 200ml

4 tablespoons worcestershire sauce

2 tablespoons H.P. sauce

410g tin mushrooms

1 sachet orleywhip 125ml

METHOD:

Brown the strips of steak.

Drain and season with salt and pepper.

In same oil that you browned steak, gently fry the onions until gold.

Add green peppers and saute.

Replace meat in pot with the onions and green peppers.

Mix together the tomato sauce, the worcestershire sauce, the H.P. sauce and the whole tin mushrooms.

Pour over the meat mixture.

Simmer until tender.

Adjust the seasonings.

Just before serving, whip the orlywhip and stir through the stew.

Serve on rice.

MONKEYGLAND STEAK.

INGREDIENTS:

2 sliced onions.	
½ cup white vinegar.	125 ml.
½ cup water.	125 ml.
2 tablespoon Worcestershire sauce.	30 ml.
4 tablespoons tomato sauce.	60 ml.
1 tablespoon syrup.	15 ml.
2 teaspoons sugar.	10 ml.
1 teaspoon mustard powder.	5 ml.
1 crushed clove garlic.	
A good sprinkling paprika.	
6 - 7 slices fillet steak.	
1 or 2 teaspoons maizena.	5 - 10 ml.

METHOD:

Fry the sliced onions in some oil or fat until just golden

Make a sauce of the vinegar, the water, the Worcestershire sauce, the tomato sauce, the syrup, the sugar, the mustard, the garlic and the paprika.

Pour over the onions and simmer for about ½ hour.

Fry the steak quickly on both sides.

Season lightly.

Remove the steaks from the pan and set aside.

Pour the simmered sauce into the pan in which you have fried the steaks and allow it to absorb the meat juices.

Thicken the sauce with a little maizena.

Replace the steaks in the sauce.

Cover the pan with a lid and simmer for a few minutes.

Place on a platter and serve immediately.

TO COOK PICKLED MEAT.

BRISKET:

Place the meat in a pot of cold water, to cover.
Bring to the boil.

Throw off this water.

Cover the meat with fresh, cold water.

Add: 2 bayleaves
 a few peppercorns
 2 cloves garlic
 1 onion
 2 large carrots
 1 tablespoon sugar
 1 teaspoon mustard powder.

Bring to the boil and then simmer until meat becomes tender.

Remove brisket from pot.

Pour over its broth, to cover.

Put in refrigerator and let meat cool.

To serve hot:

Remove the cooled meat from the broth.

Slice meat thinly.

Put back in broth and reheat gently.

Drain to serve.

Serve either on rye bread or/and with sauerkraut and boiled, peeled new potatoes.

To serve cold:

Let brisket slightly cool in the broth.

Cover a board with foil.

Cover a brick with foil.

Place brisket on board and weigh down with brick.

The weight of the brick shapes brisket into a nice flattish piece and makes it easy to slice.

Keep in fridge while cooling.

PICKLED TONGUE:

Do exactly as above.

Cool tongue slightly in its broth BUT peel while warm.

Flatten with brick on its arch.

Before re-heating, mix the following well:

½ cup cream or 1 sachet Orly Whip

2 teaspoons Maizena and

1 tablespoon dry mustard powder.

Remove chicken pieces from casserole, mix above mixture through all the pan juices.

Replace chicken, baste well.

Cover and re-heat in a 300° F (160° C) oven for 30 minutes.

Arrange the chicken pieces, onions and mushrooms on a warm platter.

Whisk the sauce with an egg beater and pour over.

Garnish with the chopped parsley and spring onion.

If making to serve immediately:

Bake for 1½ hours.

Place chicken, onions and mushrooms on a warm platter.

Pour the pan juices into a pot.

Add the cream, the Maizena and mustard powder.

Whisk together over low heat until thick and creamy.

Pour over the chicken.

Garnish as before.

HONEY-ORANGE CHICKEN.

Take two chickens and cut into portions.

Season with salt, pepper, Maggi Fondor, ginger and paprika.
Cover and leave in fridge overnight.

Dip pieces in flour and fry lightly in a little oil.

Place in a large enough dish to hold without overlapping.

Pour over a third of a cup oil.

Bake in a 200°C. (400°F.) oven, uncovered for 30 minutes.

Baste often.

Drain a 480 g. tin of apricots.

Surround the chicken pieces with the drained apricot halves
and a ¼ cup sultanas.

Keep the apricots and the sultanas on the edge, away from the
chicken pieces or the chicken will not glaze and crisp.

Reduce heat to 180°C. (350°F.) and baste with the following sauce
for 45 minutes.

Boil together for about 5 minutes:

2 tablespoons orange marmalade

½ cup honey - use cup from oil; makes pouring easy.

½ cup of juice from the 480 g. tin apricots.

2 tablespoons lemon juice.

1 tablespoon soya sauce.

1 tablespoon grated orange rind.

½ cup frozen orange concentrate.

Pour over only ½ the sauce on the chicken.

Keep basting with the reserved sauce.

The chicken must be crisp and golden.

Nice dish to serve for a yom tov.

Easy to make and easy to serve.

YELTA'S MARINADED CHICKEN.

INGREDIENTS:

a nice plump chicken

¼ cup oil
¼ cup vinegar
1 teaspoon salt
1 teaspoon paprika
2 chopped onions
1 tablespoon lemon juice
1 tablespoon brown sugar
2 tablespoons chopped parsley
2 flat teaspoons curry powder
1 teaspoon fresh grated ginger
1 chopped red or green pepper
a good sprinkling of tobasco
2 teaspoons soya sauce
2 crushed cloves garlic
some chopped basil, if available
2 bayleaves
few peppercorns

METHOD:

Mix all above ingredients and marinade chicken at least 24 hours before cooking. Cook in ovenproof dish, uncovered, in the marinade for about 1½ hours - till tender and golden brown. Roast at 350°F.

If preferred you may cover the chicken with foil for the first half hour. Remove and roast open till done.

You may use chicken pieces or a spatchcock chicken instead of a whole chicken.

SHIRLI'S SMOKED CHICKEN PARCELS WITH ORANGE SAUCE.

<u>INGREDIENTS:</u>	3 cups diced smoked chicken or turkey	750 ml
	1½ cups pie-apples	375 ml
	a little butter or margerine	
	nutmeg to taste	
	black pepper to taste	
	1 packet phyllo	
	oil	
	blanched spring onion strips - optional	
	3 x 410 g tins apricots	3 x 15 oz
	1 x 312 g tin mandarins	11 oz
	juice from 3 oranges	
	1 cup undiluted frozen orange juice	250 ml
	1 vegetable or chicken cube	
	100 ml brandy	4 oz
	1 tablespoon maizena or 2 of arrowroot	15 ml or 30 ml
	sugar to taste	

METHOD:

Gently sauté the apples in a little butter or margerine for a few minutes.

Mix the diced smoked chicken with the apples.

Season with the nutmeg and pepper.

Using hands, smear 1 sheet of phyllo with oil.

Top with a second sheet and repeat.

Repeat twice more - 4 sheets in all.

Cut sheets into quarter.

Place a heaped tablespoon of filling at bottom end of each quarter.

Fold in sides and roll up like a blintze

or

place filling in middle of each quarter and gather up ends to make a little bundle.

Tie the bundle with a blanched spring onion strip.

Brush each packet or bundle with oil and place on a greased baking tray.

Bake at 200°C (400°F) for about 20 minutes or till golden brown.

You may use melted margarine instead of the oil to smear the phyllo pastry.

You may also use a mixture of oil and melted margarine. Oil tends not to penetrate the phyllo and the pastry may bake dry.

The best ofcourse is butter but!!

Bring the apricots and their juice, the mandarins and its juice, the orange juice, the frozen orange juice, the cube, the brandy and a little sugar to the boil.

Slake the maizena or arrowroot with a little water and add to the mixture.

Simmer till thickened.

Liquidize all.

Taste and see if you prefer the sauce a little sweeter.

Set aside and warm just before serving.

Arrow root is preferable to maizena. It makes a clearer sauce.

Mask each serving plate with a little sauce

Set one or two parcels on the plate.

Trim with a few mandarin sections and perhaps a mint leaf.

The parcels can be made early in the day and kept covered in the refrigerator until ready to bake.

ROSE'S CHICKEN RECIPE. (This recipe is for 2 chickens)

INGREDIENTS:

2 chickens
paprika
powdered chicken stock
lots of chopped onions
water

450 g tin smooth apricot jam 16 oz
2 x 250 ml bottles Kraft or 2 x 8 fl oz
similar 1000 island dressing
109 g jar American mustard 4 oz

or

340 g tin or jar smooth apricot jam 12 oz
1 x 375 ml Steers 1000 island dressing 12 fl oz
109 g jar American mustard

METHOD:

Season chickens well with the paprika and the chicken stock powder.
Put the chickens on a bed of chopped onion.
Pour a little water in the dish
Roast uncovered.
Turn and baste often.
When golden brown and crisp, cool and joint.

Mix together the jam, the dressing and the mustard.
Pour over chicken pieces.
Cover with foil and heat through for 20 minutes.
180°C (350°C) oven.

DEVILLED CHICKEN.

INGREDIENTS:

1 large chicken, jointed

2 teaspoons salt

2 teaspoons castor sugar

1 teaspoon ground black pepper

1 teaspoon ground ginger

1 teaspoon mustard powder

½ teaspoon curry powder

50g butter or the equivalent amount oil

2 tablespoons chutney

1 tablespoon mustard ketchup, optional

1 tablespoon worcestershire sauce

1 tablespoon soya sauce

1 tablespoon plum jam

a good dash tobasco

METHOD:

Mix together the salt, castor sugar, black pepper, ginger, mustard powder and curry powder and rub well into the chicken pieces.

Put chicken pieces in fridge and allow flavours to blend and absorb for a few hours.

Melt butter and pour over chicken pieces.

Mix together the chutney, the mustard ketchup, the worcestershire sauce, the soya sauce, the jam and the tobasco.

Pour over the chicken and bake in a moderate oven until chicken is cooked and golden.

Bake open.

Arrange chicken on serving platter and serve with a savoury rice.

JOAN'S ROAST CHICKEN.

INGREDIENTS:

A large roasting chicken.
A mix of salt, pepper and ginger.
A good sprinkle of rosemary.
A few rosemary sprigs.
Chicken giblets and necks.
About 5 chopped onions.
2 cups chicken stock.

METHOD:

Rub chicken well - inside and out with the salt, pepper and ginger.
Sprinkle with rosemary.
Put a sprig or two of rosemary in cavity.
Truss chicken.

Layer a roasting pan with the giblets and the necks.
Sprinkle over the chopped onion.
Pour over the stock.
Place a rack over all this.
Put chicken on the rack, breast side down
Roast for 20 minutes at 425°F. (220°C.) till golden brown.
Baste now.
Turn over and roast another 20 minutes.
Baste now.
Turn oven down to 350°F. (180°C.)
Continue roasting but now baste often.
The chicken needs at least 3 hours roasting time.
Can remove chicken from rack, the last ½ hour and cook in
it's juices.
Serve with it's gravy.

CHICKEN TONNATO.

INGREDIENTS:

6 chicken breasts	
salt and pepper	
75 ml white wine	5 tablespoons
knob of butter or marger	
1 bayleaf	
1 x 200 g can tuna in oil	7 oz. can
6 anchovy fillets	
30 ml lemon juice	2 tablespoons
5 ml capers	1 teaspoon
200 ml mayonnaise	$\frac{1}{2}$ cup
freshly ground black pepper	

GARNISH:

- black olives
- wedges of lemon, dipped in paprika
- capers
- chopped parsley

METHOD:

Place the chicken breasts in a casserole.
Season and add wine, butter and bayleaf.
Cover with foil and place in an oven pre-heated to
180°C (350°F) for 35 minutes, or until cooked.

Meanwhile, blend the tuna, anchovy fillets, lemon juice
and capers in a food processor until smooth. Mix with
mayonnaise and season with black pepper.

Cut the chicken breasts, diagonally, into thin slices.
Put each breast together again and arrange on a platter.
Coat with the tuna sauce.
Cover and chill for 3 hours.
Garnish.

Alternately, slice chicken breasts in half horizontally.
Place a little of the sauce on a serving platter.
Arrange the halved breasts on top of sauce.
Mask breasts with the rest of the sauce.
Cover and chill.
Garnish and serve.

SPICY CHICKEN AND CORN SALAD.

INGREDIENTS:

2 roasted chickens
2 cups blanched cut corn or whole baby corn
1 red pepper, slice diamond shapes
1 bunch spring onion, thinly sliced
¼ cup fresh coriander leaves, optional
salt and milled black pepper to taste

third cup sunflower oil
2 tablespoons red wine vinegar
2 tablespoons smooth peanut butter
½ teaspoon ground cumin
½ teaspoon curry powder
1 chilli, chopped
1 clove garlic, crushed
½ teaspoon honey
salt and milled pepper to taste

METHOD:

Skin and slice chicken into bite size pieces.
Cut some of the skin into strips.
Mix together the chicken pieces, strips of skin,
corn, red pepper, spring onion and coriander if desired.
Season with salt and pepper.

Make a dressing of the oil, vinegar, peanut butter,
cumin, curry powder, chilli, garlic, honey, salt
and pepper.

Toss chicken with dressing.
Garnish with rocket or baby lettuce leaves.

I double the dressing and use as much as needed.

CHICKEN SPRING ROLL IN PHYLLO.

INGREDIENTS:

4 - 6 skinned chicken breasts
2 - 3 tablespoons seasoned flour
oil to fry
1 chopped onion
1 crushed clove garlic
1 cup sliced mushrooms
1 red pepper and 1 green pepper, diced
2 cups chopped cabbage
230g can bamboo shoots, drained
230g can water chestnuts, drained
5 spring onion, chopped
1 cup diced lettuce
1 cup chicken stock
2 tablespoons soya
1 tablespoon sherry
1 teaspoon sugar
generous sprinkling of ginger
salt and pepper to taste
a good pinch red pepper
a handful of fresh bean sprouts
a handful of blanched and sliced snow peas - optional
a tablespoon of diced sundried tomatoes - optional

METHOD:

Dust chicken breasts with seasoned flour and fry until lightly browned.
Drain and set aside to cool.

Fry the chopped onion and garlic and as they are softening, add the mushrooms. Fry till pale gold.
Add the peppers, the cabbage, the bamboo shoots, the water chestnuts and fry until softened but still crisp.
Lastly, add the chopped spring onion and the lettuce.
Add a little oil from time to time, as needed.

Slice the cooled chicken and add to vegetables.
Throw over the chicken stock and toss.
Season to taste with seasonings above.
Allow to cook with lid on for 2 - 3 minutes.

Toss in the fresh bean sprouts and mix through.
Adding the sprouts at this stage helps to retain it's
crispness.
You can add the blanched snow peas and the sundried tomatoes.

Transfer the mixture to a bowl and allow to cool thoroughly
before using on the phyllo.
The mixture may be made the day before it is needed.

TO ASSEMBLE THE SPRING ROLL:

Unwrap the phyllo, unfold it and cover with a damp cloth.
Always keep the phyllo covered otherwise it will dry out.
Take one sheet and lay it flat.
Brush it with a mixture of melted margarine and oil.
Repeat with the next two sheets.
Sprinkle bread crumbs on the third sheet.
Repeat process with another 3 sheets of phyllo.
Again, sprinkle the third sheet with bread crumbs.
You now have six sheets of pastry.
Spread nearest long edge with the chicken mixture but be
sure to leave at least a 2,5 cm space from the edge and
the sides.
Roll edge over chicken mixture and then fold in the sides.
Continue rolling until the end.
You fold the chicken roll as if it was a blintze.
Place on a greased baking sheet.
Brush with the melted margarine and oil.
Sprinkle with bread crumbs.

Bake in a 190°C/375°F oven for about 30 minutes or until
golden brown.

This quantity chicken mixture is sufficient for about 3 rolls.

You may also make individual rolls but only use 4 sheets
pastry. You cut the big sheets into quarters once you have
oiled them.

Yelta suggests adding 1 cup cooked vermicilli to the stir
fried vegetables.

I would also bake the rolls at 200 - 220°C / 400 - 425°F.

ELAINE'S BRISKET IN GINGER ALE.

INGREDIENTS:

3 - 4 kg piece brisket
1 litre ginger ale
25 g packet onion soup
58 g packet mushroom soup
¼ cup tomato sauce
½ cup chutney
3 large chopped onions
4 - 5 peppercorns
5 bayleaves

METHOD:

Place meat in roasting dish.
Mix remaining ingredients together and pour over meat.
Bake at 180°C/360°F until tender.
Brisket should take 3 - 4 hours to cook.

Slice meat thinly and reheat in gravy it was cooked in.

CHICKEN A LA ROYALE. (chicken salad)

TO POACH
CHICKENS.

2 large chickens	
2 cups white wine	500 ml
2 cups chicken stock	500 ml
2 bayleaves	
sprig parsley	
2 stems celery, sliced	
2 sliced onions	
a few black peppercorns	
salt to taste	

INGREDIENTS
FOR SAUCE:

1 tablespoon cooking oil	15 ml
1 onion, finely chopped	
2 teaspoons medium curry powder	10 ml
2 teaspoons hot curry powder	10 ml
1 cup chicken stock	250 ml
2 teaspoons tomato paste	10 ml
2 tablespoons lemon juice	30 ml
3 tablespoons smooth apricot jam	45 ml
2 cups mayonnaise	500 ml
½ cup cream or Orlywhip, lightly whisked, optional	125 ml

METHOD:

Poach chickens until tender in covered casserole half filled with the chicken stock mixed with the wine and all other ingredients.
Drain chickens, skin and remove flesh from bones, when cool.
Dice into large bite-size pieces.

Sauté onions in oil until glossy, 5 - 10 minutes.
Add the curry powders and stir well.
Cook for a minute or two, to bring out the flavour.
Stir in the stock, tomato paste, lemon juice and jam.
Stir constantly until boiling and then simmer uncovered, for about 20 minutes.
Cool.
Fold in the mayonnaise and cream just before you are ready to serve.

Coat chicken with sauce.

I like to add some salted cashew nuts, diced red pepper and blanched snow peas.

Put chicken salad out onto a pretty platter.

Garnish with fresh apricots - tinned if out of season, and large sprigs of parsley.

The green against the apricot colour looks stunning.

Serve at room temperature for fullest flavour.

ANITA'S SIMPLIFIED VERSION OF ABOVE.

Dice a roast chicken.

Make a dressing of: ½ cup mayonnaise
1 tablespoon syrup
1 teaspoon curry powder
1 stick finely diced celery
1 tablespoon tomato sauce
250 ml cream, optional

Top set out salad with roasted almonds.

CHICKEN MARBELLA.

INGREDIENTS: 4 chickens, 2½ lbs each, quartered 4 x 750 g
coarse salt and freshly ground pepper

For marinade:

1 whole head of garlic, peeled
½ cup red wine vinegar 125 ml
¼ cup brown sugar 60 ml
1 cup white wine 250 ml
½ cup olive oil 125 ml
¼ cup origano 60 ml
1 cup pitted prunes 250 ml
½ cup pitted Spanish green olives 125 ml
½ cup capers with a bit of juice 125 ml
6 bay leaves

¼ cup /60 ml Italian parsley or fresh coriander (cilantro)
finely chopped.

METHOD: Salt and pepper the chicken pieces.

Using the steel blade of the magimix, process the
garlic until it is finely puréed.

Add the vinegar, the sugar, the wine and lastly, the oil.
Process until the mixture has emulsified.

Stop the machine and stir in the origano, the prunes,
the olives, the capers and its juice and the bayleaves.

Put chicken pieces in a suitable marinading dish and
pour over the marinade.

Cover and refrigerate overnight.

Preheat oven to 350°F/180°C.

Arrange the chicken pieces in a single layer in one or
two large shallow baking pans and spoon marinade over, evenly.

Bake 50 minutes to 1 hour, basting frequently.

Chicken is done when thigh pieces, pricked with a fork at their
thickest, run clear.

With a slotted spoon, transfer the chicken, prunes, olives
and capers to a serving platter.

Moisten with a few spoonfuls of pan juices and sprinkle generously with pasley or cilantro.

Remove any fat from the remaining pan juices.

Taste and thicken if needed.

I prefer to remove the prunes, olives and capers from the marinade at the time of baking.

I replace them halfway through the baking time.

I found that they dried out if baked the whole time.

The overnight marination is essential to the moistness of the finished product.

The chicken keeps and even improved over several days refrigeration.

To serve Chicken Marbella cold, cool to room temperature in its cooking juices, before transferring to a serving platter.

If the chicken has been covered and refrigerated, allow to return to room temperature before, serving.

ROSE'S GRILLED BABY CHICKEN.

Pre-heat your grill.

Butterfly a baby chicken - the chicken should not be too small - by cutting through the breastbone and flattening the back bone. You flatten the back bone by turning the chicken, skin side up and giving the back bone a good thump. Skewer the legs to the breast so that the chicken will keep a good shape whilst grilling.

Cover the grid of the grill pan with foil but build up an outer edge to form a raised border.

You do this to contain the juices of the chicken while grilling.

Place the chicken on grid and put in oven just over $\frac{1}{2}$ way up. Do not put too close to grill because chicken will burn before it is cooked.

Brown chicken slightly - about 5 minutes a side.

Now make this sauce - quantity is for 1 chicken:

Blend: third cup lemon juice
 $\frac{1}{2}$ teaspoon neri-peri powder
 $\frac{1}{4}$ teaspoon garlic salt
 $\frac{1}{4}$ teaspoon paprika
 dash of lemon pepper
 about 2 tablespoons oil.

Taste.

Pour a little of this sauce on chicken.

Grill - turn over.

Repeat and so on until chicken is brown and crisp.

Chicken should take about an hour.

ARLENE'S POT ROAST CHICKEN.

INGREDIENTS:

5 large sliced carrots
3 - 4 large sliced onions
2 - 3 crushed cloves garlic
enough oil to just cover base of pot used

a cornish hen or similar - do not use
too young a chicken
salt and pepper
aromat
celery salt

2 chopped sticks celery
1 very ripe, peeled and seeded tomato
2 - 3 bayleaves
a few peppercorns

METHOD:

Suaté the carrots, onions and garlic in just enough
oil to cover the base of a large pot.
Remove and reserve.

Clean and truss the hen or chicken.
Place hen in same pot that vegetables were cooked.
Start the hen with a little water.
The hen will make its own fat as it is browning.
let the hen brown slowly, turn often.
This will take time and patience!
Whilst the hen is browning, season with salt, pepper,
aromat and celery salt.

When chicken has browned, replace the sautéed vegetables.
Add the celery, tomato, bay leaves and peppercorns.
Add boiling water about $\frac{1}{4}$ way up chicken.
Cover and simmer until tender.
Turn very often.
The hen can take a good 4 - 5 hours to cook.
When ready, skim off fat from gravy.
Place hen in a deepish dish and pour over gravy.
Carve like a turkey.

Also delicious served cold.
Carve and pour gravy over - gravy will set like a jelly.

CHICKEN LASAGNE.

INGREDIENTS:

1 kg strips of boneless and skinless chicken breasts
3 large onions, coarsely chopped
1 tablespoon minced garlic
oil to fry
4 tablespoons chopped parsley
400 g sliced mushrooms
1 400 g can peeled tomatoes, liquidised with its juice
1 225 g can tomato puree
3 bayleaves
125 ml water
a little sugar to taste

2 finely chopped onions
6 tablespoons Cardin or similar
4 tablespoons flour
3 cups chicken stock made with 3 cubes
4 egg yolks
2 tablespoons Orlywhip

as much lasagne verdi as needed

METHOD:

Saute onion and garlic in oil until golden and set aside.
Saute chicken strips, a few pieces at a time.
Set aside.
Saute the mushrooms.
Combine the onions, garlic, chicken strips and mushrooms.
To this add the parsley, tomatoes, tomato puree, bay leaves,
water and sugar to taste.
Season with salt and pepper.
Simmer all until combined and chicken is soft.
Set aside and cool.

Saute onions in Cardin until golden.
Add flour and stir and cook over medium heat for 1 minute.
Add the chicken stock and whisk to make a smooth sauce.
Beat egg yolks.
Add a few tablespoons of sauce to the yolks.
Remove sauce from stove and stir in the slaked egg yolks.
Return to stove and bring to boil, stirring all the time.
Add the Orlywhip to make the sauce more creamy.
Set aside to cool.

Now cook the lasagne.

Add only 3 - 4 pieces at a time to a pot of boiling water.

Cook about 2 minutes - until softish.

Remove each piece with a slotted spoon and lay flat on a clean dish cloth.

Repeat as many times as needed.

You may need between 12 - 16 pieces depending on size of dish used.

Grease a suitably sized lasagne dish.

Lay down one layer of lasagne.

Top with half the chicken mixture.

Cover with a layer of lasagne.

Smooth over half the sauce.

Lay down another layer of lasagne.

Top with the remaining chicken mixture.

Put down another layer of lasagne.

Finish with the remaining sauce.

Make sure the top layer of lasagne is covered.

Sprinkle with freshly grated bread crumbs.

Bake at 180°C/350°F for 60 - 90 minutes.

Lasagne tastes nicer if made early in the day and then refrigerated until needed.

Reheat to serve.

If you wish to freeze the lasagne, freeze uncooked.

CHICKEN IN TOMATO.

INGREDIENTS:

about 1½ kg chicken pieces
oil to fry
2 longitudinally sliced onions
1 green pepper, diced large
2 crushed cloves garlic
2 bayleaves
1½ teaspoons salt
½ teaspoon pepper
½ cup dry white wine
3 skinned, deseeded and chopped ripe tomatoes
1½ cups tomato soup
1 cup sliced mushrooms
1 tablespoon chopped parsley

METHOD:

Fry chicken portions in oil until golden brown.
Drain on brown paper.
Leave the oil in the frying pan and add the onions, the green pepper, the garlic, the bayleaves, the salt and pepper.
Cover the pan and simmer the mixture for 10 minutes.
Place the chicken pieces in a casserole and pour over the simmered mixture.
Add the wine to the chicken at this stage.
Cover and bake in a moderate oven for 40 minutes.
Now add the chopped tomatoes, tomato soup, mushrooms and parsley.
Bake until chicken is tender.
Add a little extra wine or water if necessary.

*a dol 1 crushed chicken cube
also a little extra sugar to
taste
dilute 1 tomato soup $\frac{1}{2}$ - $\frac{1}{2}$*

↳ add 1 crushed chicken cube
add a little extra sugar to
taste

? ? ? ? $\frac{1}{2}$ ~~1/2~~ + $\frac{1}{2}$

CHICKEN PIE.

THE PASTRY:

<u>INGREDIENTS:</u>	½ lb. vegetable fat.	250 g.
	1½ cups flour.	375 ml.
	½ teaspoon salt.	3 ml.
	½ cup boiling water.	125 ml.

METHOD:

Grate the vegetable fat into the flour and salt.

Add the boiling water, stirring quickly with a knife, just to blend.

The dough will be soft and sticky.

Wrap in floured greaseproof paper and put in fridge for at least 2 hours.

Can be made the day before use.

THE FILLING:

<u>INGREDIENTS:</u>	3 cups cooked chicken pieces.	750 ml.
	1 chopped onion.	
	2 tablespoons chopped green pepper.	30 ml.
	1 x 15 oz. tin mushrooms, drained and sliced.	410 g.
	or	
	1lb fresh mushrooms can be used.	500 g.
	4 tablespoons oil.	60 ml.
	2 tablespoon flour.	30 ml.
	1 teaspoon salt.	5 ml.
	½ teaspoon paprika.	3 ml.
	A good dash pepper.	
	2 cups chicken broth - use 2 cubes and the broth from the chicken.	500 ml.
	1 teaspoon lemon juice.	5 ml.
	1 beaten egg yolk.	

METHOD:

Prepare the chicken by seasoning it with salt, pepper, and aromat and steaming it in a little water, flavoured with onion, garlic, bayleaves and peppercorns.

When tender, remove from broth and cool.

Flake into bite-size pieces.

Keep the wings whole to act as a support for the pastry lid.

Heat the oil and gently saute the onions, green pepper and mushrooms until limp.

Stir in the flour, salt, pepper and paprika.

Cook a few moments.

Add the chicken broth, bring to the boil and stir until thickened.

Add the lemon juice and the chicken pieces and heat through.

Set aside to cool.

If desired, this filling can be made the day before use.

Remove the pastry from the fridge.

On a floured board, roll out, bigger than the dish or casserole to be used.

Turn the empty dish upside down onto the pastry.

Mark the shape with a knife.

Now cut this shape out but at least 1½" (3.75 cm.) larger than the dish.

Place the chicken mixture into the dish.

Put the wings and any bony parts towards the centre as a support for the pie crust.

From the remnants of the pastry cut out ½" (1.25 cm.) strips.

Place these on the outer perimeter of the chicken.

Moisten these strips with a pastry brush dipped in water.

Using the rolling pin, lift the pastry lid onto the dish.

Do not stretch the pastry at any stage - one must allow for shrinkage.

Tuck under the overlap of pastry.

Knock the edges of the crust with a sharp knife, this aids rising.

If there is some pastry left over, roll out and use to make a decoration for the top of the pie.

See illustration.

Brush over with the beaten egg yolk.

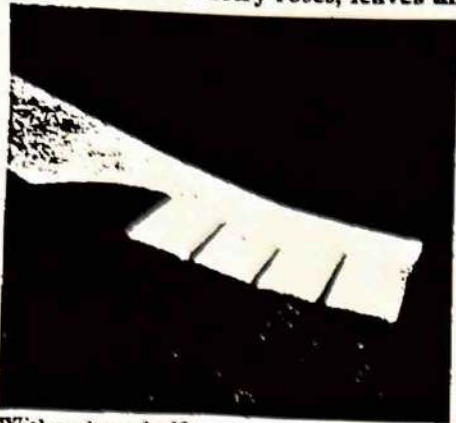
Cut 3 or 4 slits, this allows the steam to escape.

Bake at 425°F (220°C.) until golden brown.

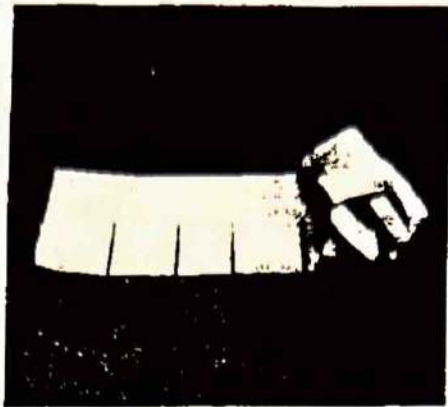
Serve hot.

DECORATIONS

Pastry roses, leaves and decorative edgings give a perfect finish to pastry pies and tarts.



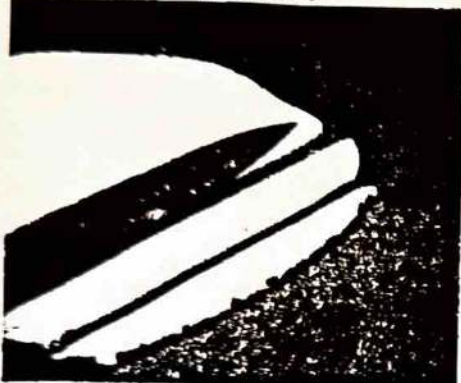
With a sharp knife make slits, about 1-inch apart, along a strip of pastry.



Starting at one end roll the pastry up, holding the base firmly.



With your fingers pull out the cut pastry edges to form petals.



Roll out pastry trimmings and cut strips about 1-inch wide.



Cut diagonally across the pastry strip making diamond shapes.



With a sharp pointed knife mark veins on the pastry leaf.



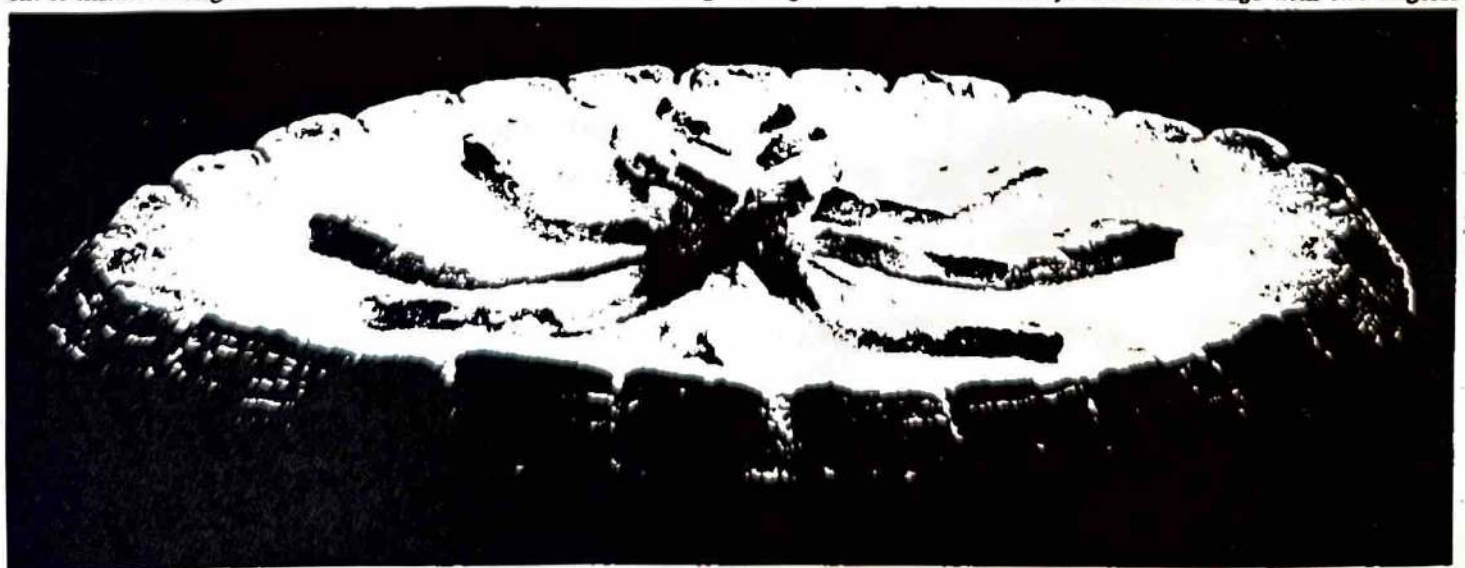
Make slits around the rim, fold back each slit to make a triangle.



Hold the rim and with the back of a knife make indents along the edge.



Press your thumb onto the rim and mark crimps around the edge with two fingers.



CHICKEN BREASTS NORMANDY.

INGREDIENTS: 8 chicken breasts, skinned and deboned.
Salt and coarsely ground pepper.
2 tablespoons flour. 30 ml.
Butter or margerine for frying.

1 finely chopped onion.
1 green apple, peeled and diced.
2 tblsp Calvados or apple brandy. 30 ml.
½ cup apple cider. 125 ml.
½ cup chicken stock. 125 ml.

1 tsp cornflour mixed to a paste
with a little water. 5 ml.
½ cup cream or 1 sachet orley whip. 125 ml.

GARNISH: 1 apple peeled, cored and sliced into rings.
Butter or marge to fry.
Cinnamon or nutmeg.

METHOD: Flatten breasts with a mallet.
Season with salt and pepper and dust with flour.
Melt butter or margerine in a large frying pan and
brown breasts.
Remove and keep warm.

Sauté the onion and apple for 2 - 3 minutes.
Add the Calvados/apple brandy, apple cider and chicken
stock and bring to the boil.

Return chicken to the pan and simmer over gentle heat
until chicken is tender.
Add the cornflour and then stir in the cream/orley whip.
Adjust the seasonings.

GARNISH: Sauté the apple rings in the butter or marge.
Sprinkle with cinnamon or nutmeg and use to
garnish each breast.

Serves eight.

SHELLEY'S QUICK AND EASY CHICKEN DISH.

INGREDIENTS:

4 baby chickens.
20 peeled, pickling onions.
8 - 10 large black mushrooms.
"Four Brothers" meat marinade or similar.

METHOD:

Cut baby chickens in half.
Cut out backbone.
Skewer loose skin and also legs to chest.
Put in baking dish and cover to just half with the marinade.
Let the chickens marinade for a few hours.
Tuck in the onions and the mushrooms.
Bake in a medium oven until tender and brown.
Baste often.

Do not use too much marinade.
The mushrooms make a lot of water.
Add less than you think, you can always add more
while the chickens are baking.

HOW TO COOK A CHICKEN IN A BAG.

Season the chicken well with chicken spice, a little
paprika and a little garlic salt.

Dust the cooking bag with 1 tblsp. (15 ml.) flour.
This is optional - thickens the gravy.

Put the chicken in the bag.
Seal the bag.
Prick 3 small holes in the bag.
Put the bag in a casserole dish.
Bake at 350°F. 180°C.) for 1 hour.
After an hour or when the chicken looks golden brown,
empty the bag i.e. the chicken and all the accumulated
gravy into the casserole.
Brown a little longer.

BUFFET CURRIED CHICKEN.

INGREDIENTS:

2 kg. chicken pieces - wings and thighs.
Chicken stock - use 2 cubes to every 2 cups water.

4 chopped onions.
A little oil to fry.

3 ml. strong Indian curry powder. ½ tsp.
20 ml. Cartwright's Original Blend curry powder. 4 tsp.
1 piece chopped ginger root.
2 sliced bananas.
2 peeled and grated green apples.
3 ml. salt. ½ tsp.
3 ml. pepper. ½ tsp.
5 ml. sugar. 1 tsp.
30 ml. Apricot jam. 2 tblsp.
15 ml. vinegar. 1 tblsp.
30 ml. Lime Juice. 2 tblsp.
1 x 425 g. tin tomatoes, seeded. 15 oz.
250 ml. tomato juice - canned or bottled. 1 cup.
A further 15 ml. Cartwright's curry powder. 3 tsp.
A dash of cinnamon.
3 ml. ginger powder. ½ tsp.
2 - 3 bayleaves.
8 - 10 allspice.
A handful of seedless raisins.
30 ml. chopped green pepper. 2 tblsp.
5 chopped spring onions.
1 crushed clove garlic.

METHOD:

Parboil chicken pieces in sufficient chicken stock cover. Do not skin.
Drain chicken and reserve the stock.
If you wish to cook chicken in your own stock, put chicken pieces in cold water with 10 ml. salt, some sliced carrot, chopped celery, sliced onion, a few bayleaves and a few peppercorns.

Brown the chopped onion in oil.
Add the curry powders and fry for a few minutes.
Add the ginger root and fry for a few minutes.
Add the sliced bananas and the grated apples.
Cook until the bananas and apples are soft.

Add the salt, the pepper, the sugar, the jam, the vinegar and the lime juice.

Add the cut up tomatoes and cook until they disintegrate.

Add the tomato juice and the additional 15 ml. (3tsp.) curry powder.

Add the cinnamon, the ginger powder, the bayleaves and the allspice.

Allow to simmer for 10 - 15 minutes.

Add the stock - start with 500 ml. (2 cups) and add a further 250 ml. (1 cup) if needed at a later stage.

Add the chicken pieces, the seedless raisins, the green pepper, the spring onions and the garlic.

Cook for 30 minutes if making ahead.

You will complete the cooking before serving.

If serving immediately, cook about 40 - 50 minutes.

This is a very good curry served the following day when all the flavours have been allowed to mingle.

This curry also freezes very well.

It may be a good idea to reheat the curry in a moderate oven. There is less chance of the chicken falling apart.

Serve with assorted sambals: Cut up cucumber mixed with a little yoghurt.

Tomato and onion chopped.

Chopped pineapple.

Sliced bananas.

Chopped hardboiled egg.

Chutney.

Poppodums - fry in butter and keep in warming oven.

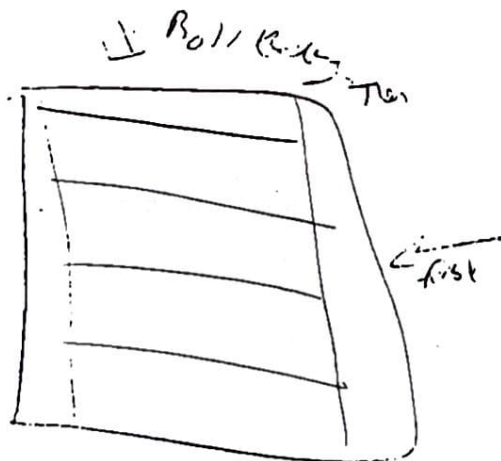
Cook 125 ml. (½ cup) rice per person.

Cook in chicken stock to which 5 ml. (1 tsp.) tumeric has been added.

Raisins and nuts can be also be added to the rice just before it is cooked.

- 2 Take one sheet and lay it out flat. Brush it with melted butter. Do the same with the next 2 sheets, but sprinkle the top sheet with breadcrumbs.
- 3 Repeat buttering with another 3 sheets and sprinkle the last one again with breadcrumbs.
- 4 You now have 6 sheets of phyllo. Spread nearest long edge with the chicken mixture, but be sure to leave a 1 inch space from the edge and sides. Fold in the sides and then the top edge and then roll the strudel down the length of the phyllo.
- 5 Place on greased baking sheet and brush top with melted butter. Sprinkle with extra breadcrumbs.
- 6 Bake in a 375°F oven for about 30 minutes or until golden brown.

can make a sweet-sour sauce (old Virginia Rose)



make 3 rolls
 need \pm 1 1/2 lbs like 500g phlo

IT'S SO EASY TO COOK A DUCK!



See recipes inside....

TO ROAST A DUCKLING

2-2.5kg duckling, with giblets, chopped
5ml (1 tsp) salt
250ml beef stock (use cube)
1 stick celery, chopped
1 each carrot, onion, tomato, all roughly chopped
3ml (½ tsp) dried rosemary

Pre-heat oven to 220°C. Trim away excess fat. Prick skin all over the breast and thighs, about 3cm apart. Dry duckling well with paper towels, then rub inside and outside with salt, pepper and rosemary. (Salt on the skin will help to make it crisp.) Place on a rack in a baking-tin. Add the chopped giblets to the tray (not on the rack). Roast for 30 minutes, then reduce heat to 180°C. Remove pan from oven, pour off excess fat, replace duckling in the pan (not on the rack) and cook for further 1 hour. Remove duckling and keep warm. Pour off any further excess fat but keep a little in the pan. Add the chopped vegetables and cook on top of the stove for 10 minutes, stirring all the time. Add the beef stock. Stir, using all the scrapings from the tin. Strain into a saucepan and keep hot until wanted.

DUCK WITH ORANGE

(à l'Orange, or Bigarade)

2-2.5kg duckling
60g (4 T) butter

SAUCE:

15ml (1 T) reduced orange juice	10ml (2 tsp) lemon juice
15ml (1 T) sugar	15ml (1 T) cornflour, softened in a little water
10 ml (2 tsp) vinegar	150ml (10 T) sweet sherry
500ml water	60ml (4 T) Van der Hum
2 chicken stock cubes	Salt and pepper to taste
1 orange	

Prick duckling all over breast and thighs. Fill bird with any stuffing of your choice. Place on a rack in a baking-tin. Brush with melted butter. Bake at 180°C for 1 hour, brushing occasionally with juices in pan. (After 30-40 minutes, drain away excess fat and keep for other uses.) Peel rind from orange, completely removing white pith. Cut rind into thin strips, drop in boiling water, boil for three minutes, drain. Put sugar, vinegar, water, crumbled stock cubes, orange rind, orange and lemon juice into saucepan, stir until boiling. Boil rapidly until sauce is reduced by half. Stir in cornflour softened in water and sherry, bring to boil while stirring so that no lumps form as sauce thickens. Reduce heat, simmer for 2 minutes. Add salt and pepper. Stir in Van der Hum.

Drain pan juices off duck. Add prepared sauce to pan, brush duck well with sauce. Return to oven, bake for further 30-40 minutes, basting frequently with sauce, until duck is cooked and well-glazed.

IT'S SO EASY TO COOK A DUCK!

IT'S SO EASY TO COOK A DUCKLING!

Our Pekin duckling (like its English counterpart, the famous Aylesbury duck) has a layer of fat under the skin. This fat tends to preserve the flavour and tenderness of the flesh.

Whichever way you decide to cook your duckling, all you need do is prick the skin all over the breast and thighs with a skewer or fork, about 3cm apart. This will allow the fat to drain off into the pan.

Prepare the duckling for cooking. Lay it on a rack in a baking-tray, and place it in the oven. Start to cook according to the recipe. After about 30 minutes the excess fat will have drained into the tray. Remove it and keep it for other cookery purposes. Duck fat is delicious and useful.

Now continue to cook your duck.

DUCK WITH PINEAPPLE

(Hawaiian Duck)

2-2.5kg duckling

BASTING SAUCE:

15ml (1 T) oil
125ml (½ cup) water
30ml (2 T) barbecue sauce

SERVING SAUCE:

1 small ripe pineapple, or 1 small can, drained	30ml (2 T) white vinegar
30ml (2 T) oil	30ml (2 T) dry sherry
30ml (2 T) fresh grated root ginger	30ml (2 T) soy sauce
5ml (1 tsp) crushed garlic	30ml (2 T) dry sherry
180ml water	10ml (2 tsp) barbecue sauce
	15ml (1 T) soy sauce
	1 chicken stock cube crumbled
	15ml (1 T) white vinegar
	15ml (1 T) cornflour

Prick duck with skewer or fork all over thighs and breast. Place on rack in baking-tin in the centre of a pre-heated 180° oven. After 30-40 minutes, remove duck, drain off fat and keep for other uses. Replace duck in baking-tin, not on the rack. Combine oil, water, barbecue sauce, vinegar, sherry and soy sauce, and pour over duck. Bake duck in pre-heated 200°C oven until golden-brown, spooning basting sauce over frequently. After 20 minutes, reduce heat to 180°C and cook for further 40 minutes. Baste frequently. When cooked, remove duck and allow to cool.

Divide the duck with a sharp knife into small serving-sized pieces. Skin pineapple and cut into 1cm cubes, or use canned chunks. Heat heavy-bottomed pan, add oil, ginger and garlic. Stir-fry over high heat for 1 minute. Combine water, sherry, barbecue sauce, soy sauce, chicken stock cube crumbled, vinegar, cornflour. Stir to combine. Add to pan. Stir till thickened. Add the pieces of duck, toss for 2 minutes until heated through. Add pineapple pieces last of all. Simmer for further 3 minutes until sauce coats duck. Serve with rice.

DUCK WITH BRANDY AND CHERRIES

2-2.5kg duckling

15ml (1 T) flour

60ml (4 T) brandy

15ml (1 T) lemon juice

75ml (5 T) canned, pitted black cherries

30ml (2 T) cherry syrup

salt and pepper to taste

125ml (½ cup) gravy (see method)

Dry duckling thoroughly with paper towels. Prick skin all over thighs and breast with fork or skewer to enable fat to run freely. Sprinkle with salt (for crisp skin). Place duckling on rack in roasting-pan. Place in centre of oven and roast for 30-40 minutes at 180°C. Remove, drain away melted fat and reserve for other uses. Replace bird in pan (not on rack) and cook for further 1 hour. DO NOT BASTE.

GRAVY

Remove bird from roasting-pan, transfer to platter and keep hot. Pour off all but 15ml (1 T) fat. Stand pan over medium heat, stir in 15ml (1 T) flour. Cook over gentle heat for 2 minutes. Gradually blend in 125ml water. Now add all ingredients, stirring so that no lumps form. Allow sauce to boil and thicken. Pour over duckling. Garnish with cherries.

LOVER FRIGASSE.

Method.

Fry two or three large, coarsely chopped onions in fat until tender. Remove from pan. Slice one calf's liver into fine slivers. Season with salt and pepper. Quickly brown liver slices in the fat in which the onions have been fried. When the liver slices are all browned, add the fried onion to the liver in the pan. Slowly add a little boiling water. Cover with lid and let mixture simmer for about 7 - 10 minutes. Thicken gravy with a little Brono and cornflour. Add more boiling water when necessary. Adjust seasoning after tasting. Gravy must be a rich brown colour.

OXTAIL STEW.

Ingredients.

2 - 3 oxtails nicely trimmed.	$\frac{1}{4}$ cup flour.
1 teaspoon salt.	$\frac{1}{4}$ cup fat.
$1\frac{1}{2}$ cups tomato juice.	$\frac{3}{4}$ cup water.
1 cup chopped onion.	1 teaspoon salt.
4 whole allspice.	1 bay leaf.
1 clove garlic minced.	2 Tablespoons lemon juice.

Method.

Dust oxtail pieces with mixture of flour and salt. Brown in hot fat, add tomato juice, water, onion and seasonings. Cover. Simmer for three hours or cook in pressure cooker at 10 lb. for about 45 minutes. Remove all spice and bayleaf. Skim any accumulated fat. Add lemon juice. Serve with rice.

CHICKEN IN TOMATO.

Ingredients.

$\frac{1}{2}$ cup oil. 2 medium size onions (sliced).
1 green pepper (sliced). 1 minced clove garlic.
 $1\frac{1}{2}$ teaspoons salt. 1 bayleaf.
 $\frac{1}{2}$ teaspoon pepper. 3 skinned, sliced ripe tomatoes.
 $1\frac{1}{2}$ cups tomato soup. 2 tablespoons white wine.
1 tablespoon chopped parsley. 1 cup sliced mushrooms.
1 tender, succulent chicken.

Method.

Cut up chicken in serving slice portions. Fry in oil until golden brown. Drain. Leave oil in frying pan and add onion, green pepper, garlic, parsley, bayleaf, salt and pepper. Cover the pan and simmer mixture for 10 minutes. Place chicken pieces in a casserole and pour over the above mixture. Also add wine to chicken at this stage. Simmer in moderate oven for 40 minutes. Then add sliced tomatoes, tomato soup and sliced mushrooms to chicken and bake until chicken is tender. Add a little extra water if necessary. Skim off all fat before serving.

CHICKEN CASSEROLE.

Cook a young chicken in a little water to which 2 sliced onions, 1 sliced carrot, salt and pepper, 1 clove garlic, 1 bayleaf and 3 or 4 pepper corns have been added. When chicken is tender, take out of pot, let cool and then cut into serving portions. Dust portions with a mixture of flour, salt, pepper, paprika and garlic salt. Fry chicken portions until golden brown. Place fried chicken into casserole. Thicken stock (in which the chicken has been boiled) with a little Brown. Adjust seasoning, pour over chicken. Fry contents of 1 tin mushrooms, 2 finely sliced onions and 1 finely sliced carrot (also one slice green pepper if desired) until golden brown and add to chicken. Simmer in mod. oven till tender.

boile
around
+ 1 - 1 1/2 hr

FAMILY CURRY.

Ingredients.

- 12 - 14 chops.
- 3 tablespoons tomato sauce.
- 1 grated onion.
- 2 to 3 finely grated bananas.
- 1 large or 2 small finely grated apples.
- 2 peeled and grated ripe tomatoes.
- 3 tablespoons sweet chutney.
- 2 tablespoons apricot jam.
- 3 tablespoons white vinegar.
- $\frac{1}{4}$ teaspoon ground allspice.
- $1\frac{1}{2}$ tablespoons curry powder (mix Caraway and Ffido).
- 1 teaspoon salt.
- Sprinkling pepper.
- 1 teaspoon tumeric.

Method.

Brown chops in fat. Season and drain on brown paper. Add enough water to the above chops to cover, simmer for one hour. Fry the onion, bananas, apples and tomatoes. To this add the chutney, jam, vinegar and seasonings. Fry a little longer. Add the fruit mixture to the chops and simmer for about two hours. Taste and season accordingly. Serve on rice.

EASY STEAK AND MUSHROOM DISH.

Season a fillet of beef. Place on roasting pan. Place a little fat on top. Roast at 325 degrees for 20 - 25 minutes per pound. Meat should be medium rare.

In the meantime, wash and slice one pound fresh mushrooms. Dice one large onion. Fry mushroom and onion in a little fat, slowly add a little boiling water until done. Season well.

Slice cooked fillet in fairly thick slices. Make a thick gravy from pan juices in which the meat cooked. Add the gravy to the drained mushrooms and onion mixture.

Place fillet slices in dish, throw over mushroom gravy and heat in oven.

COOKED PICKLED MEAT.

Boil up meat three times. Throw off water each time.

Boil up meat once more and add:-

2 bay leaves.

few peppercorns.

2 cloves garlic.

One onion.

2 large carrots.

1 tablespoon sugar.

1 teaspoon mustard.

Cook meat until tender.

P.S. If cooking a pickled tongue, peel while still warm.

P.S.S. One way of serving pickled brisket warm is to cook it until tender. Cool and slice thinly. Place sauerkraut and sliced meat in a pot. Heat through. Serve with boiled potatoes.

SWEET AND SOUR CABBAGE MEAT ROLLS.

Ingredients.

1 large or 2 small cabbages.
1/4 cup lemon juice.
3 tablespoons sugar.
2 teaspoons Brno.
2 - 3 tablespoons syrup.
2 lbs. meat, minced.
Thickish slice bread, soaked in water.
1 large skinned tomato.
1 small onion.
2 teaspoons salt.
Dash of pepper.
Dash of Tabasco.
Dash of Tomato Sauce.
1 egg.

Method.

Separate leaves of cabbage. Put in large pot. Boil up and cool. Leaves must be soft. Shred the heart of the cabbage and boil in water to cover. Cook about 30 minutes.
In the meantime, prepare the meat mixture. Mince the meat, bread, tomato, onion, add the salt, pepper, tabasco, tomato sauce and egg. Mix well with fork.
Spread cooled cabbage leaves, fill each one with a spoon or two of meat mixture. Roll up, tuck in the sides and secure with toothpick. Place in roasting pan.
Discard the shredded cabbage, measure off about 4 cups of the water. To this add 1/4 cup lemon juice, 3 tablespoons sugar. Thicken with 2 teaspoons Brno or similar.
Pour sauce over cabbage rolls, almost to cover. Bake at 400 degrees for one hour. Uncover the cabbage rolls, pour over 2-3 tablespoons syrup - for small pan use 2 tablespoons, for larger pan use 3 tablespoons. Cook carefully, baste often until cabbage rolls are golden brown. Adjust seasoning if necessary. These cabbage rolls taste very nice served with a potato pudding. They also freeze well.

BARBECUED RIBS.

Ingredients.

4 lbs. lean mutton ribs. (cut into serving portions).
1 tin tomato puree 425 g.
4 tablespoons grated onion.
1 cup water.
3 tablespoons vinegar.
2 tablespoons worcester sauce.
 $\frac{1}{2}$ cup brown sugar.
1 cup pineapple juice.
1 teaspoon salt.
1 teaspoon paprika.
 $\frac{1}{2}$ teaspoon cayenne pepper.
 $\frac{1}{4}$ teaspoon cinnamon.
 $\frac{1}{2}$ teaspoon pepper.
1 tin canned pineapple chunks. 439 g.

Method.

Brown surface of the ribs in hot oil. Place in ovenbake dish. Mix remaining ingredients except pineapple chunks to make a sauce. Throw over the meat and bake covered in moderate oven. Uncover an hour before done, add desired pineapple. Baste frequently and remove excess fat.

WIENER SCHNITZEL.

Ingredients.

Veal steak.
Flour.
Breadcrumbs.
Egg.
Oil or vegetable fat.

Method.

Beat each slice of veal thinly. Mix flour with salt ($\frac{1}{4}$ cup flour to one teaspoon salt) pepper and a little dry mustard powder. Dredge each steak with flour. Beat in with side of plate. Dip steak in beaten egg and finally dip in fine breadcrumbs. Put on wooden board covered with waxed paper. Put in fridge and dry for several hours. This step is important as it helps the breadcrumbs to stick. Fry lightly in hot oil or fat until cooked through, and browned. Serve garnished with sliced hard boiled eggs, anchovies, lemon wedges and parsley. (Chops prepared this way are very tasty.)

MEAT SAUCE BOLOGNAISE.

Ingredients.

- 1 tablespoon oil.
- 1 tablespoon fat.
- 1 large onion, chopped.
- 3 large carrots, grated.
- 1 tablespoon parsley, chopped.
- 1 green pepper, chopped.
- 2 bay leaves.
- 2 teaspoons salt.
- Pinch of pepper.
- Dash of Tomato sauce.
- 2 lbs. beef, minced.
- 1 lb. ripe tomatoes, skinned, and sliced Or
- 2 425 g. tinned tomatoes.
- 1 tin mushrooms, sliced.
- 8 peppercorns (count so as to check when removing from sauce).
- 1 clove garlic, crushed.

Method.

Brown onion in hot oil and vegetable fat. Add garlic and vegetables and simmer for ten minutes, stirring occasionally. Mix in minced meat, cook until whitish in colour. Add one cup water, tomatoes, tomato paste, mushrooms and mushroom gravy. Simmer. Add the bay leaves and peppercorns and seasoning. Cook for about 2½ hours. Stir frequently. Taste, add a little sugar if necessary. Remove bayleaves and all the peppercorns. Serve over spaghetti. This meat mixture freezes well.

To cook the spaghetti.

For ½ lb. spaghetti, use about 4 pints boiling water, to which add half a tablespoon salt and one tablespoon oil. Be sure the water is boiling rapidly when spaghetti is put into it, which should be done slowly so as not to lower the temperature too suddenly. Stir occasionally and boil for 15 - 20 minutes. Pour in a glass of cold water to stop simmering. Drain through a colander and serve hot.

SOSATJES.

Ingredients.

2 big onions.
2 tablespoon curry powder.
2 tablespoons sugar.
1 tablespoon maizena.
 $\frac{3}{4}$ cup white vinegar + $1\frac{1}{2}$ cups water (2 cups liquid).
 $\frac{3}{4}$ cup apricot jam.
one or two bayleaves.
About one teaspoon salt.
Pepper.

Method.

Slice onions. Boil with a little water. Keep the lid on. After 5 minutes, throw off the water and fry the onions in fat. Add 1 cup water and simmer. Mix curry, maizena, sugar, salt and vinegar and water. Add to onion mixture. Let this boil up. Add the jam. Cool the mixture, then throw over skewered meat which has been lightly salted. Marinate the meat in sauce for at least three days. Turn frequently. Braai as required.

PORCUPINE MEAT BALLS.

(A favourite with the children).

Ingredients.

$1\frac{1}{2}$ minced beef.
1 teaspoon salt.
Pinch of pepper.
 $\frac{1}{2}$ cup of raw rice.
 $\frac{1}{4}$ cup grated onion.
1 and a third cups condensed tomato soup.
1 cup hot water.

Method.

Mix the beef, rice salt, pepper and onion. Form into small balls. Simmer in the liquids for about one hour. Add a little extra water or soup if necessary. Serves about 6 people.

MINCE ROULADE WITH MASHED POTATOES

- 1 Kilo Mince to which you add 1 Tablespoon Oil, Salt and Pepper.
1. Line a swiss roll tin with foil and pat in the mince. Put into freezer for 1 hour.
2. Boil 6 Potatoes. When soft mash well and add about 1 tablespoon smaltz. If you like you can add 1 chopped onion which you have sauted.
3. Remove the mince from freezer and from the tin. Leave mince on foil. Put on the mash and smooth.
4. Roll up with the help of the foil (as shown).
5. Cut into slices (not to thin) and fry.
6. The slices can be left in freezer until required.

Remember that mashed potatoes does not freeze well so don't leave in freezer too long.

Roulade can be put into bread loaf tin and baked well.

OXTAIL IN RED WINE AND CHERRY APPLES

INGREDIENTS:-

- 3 Kg. trimmed oxtail
- Lawry's Seasoned Salt & Pepper
- 4-6 sliced onions
- 4-6 crushed garlic
- 2 skinned tomatoes seasoned with $\frac{1}{4}$ t. salt & $\frac{1}{2}$ t. sugar & sprinkling of black pepper to taste
- 1 bottle red wine + 2 Tblspns Castor Sugar.
- 2 T. fresh herbs *marjoram + thyme + mint (1Tb1).*
- 4 bayleaves
- 1 pt. boiling water
- 3 t. bovril
- 1 t. beef stock
- "Extra" 1 cup water with 1 t. beef stock 2 Cups wine 1 tsp herb stock 1 tsp Sugar.
- 2-4 t. Arrowroot or Bisto if required

METHOD:-

1. Brown seasoned meat in 200° oven. Watch carefully and remove pieces when ready.
2. Brown onions & garlic. Set aside.
3. Combine meat, onions, garlic, tomatoes, red wine, herbs, water, bovril & beef stock.
4. Simmer gently until falling from bone (4-6 hours).
5. Check seasoning.
6. Refrigerate overnight.
7. Heat gently. Adjust gravy, adding 1 tin cherry apples.

SUMMER IN PROVENCE

12	Deboned thighs and legs
	Lawrys seasoned salt and seasoned pepper
1	Sliced onion, fried till golden
70 grms	Ricotta cheese
3 T	Parmesan
125 grms	Spinach, wilted and chopped
2 tsp	Fresh mint
1/2 tsp	Chicken stock powder
	Freshly ground black pepper (to taste)
	String
4 T	Italian parsley
4 T	Fresh mint
4	Crushed garlicks
12	Bayleaves
12	Mint leaves
12	Pieces of preserved orange

Baste

1/2 cup	Oil
2 & 1/2 T	Soya sauce (preferably Kikkomans)

Clean and season chicken.

Combine onion, cheeses, spinach, herbs and seasonings in Magimix till it forms a paste.

Spread evenly on inside of chicken.

Roll up and secure with string.

Cover with parsley, mint and garlic.

Baste with oil and soya.

Roast in 180° oven for 35 minutes. Baste, turn down to 150° for remaining 35 minutes. Baste.

Chicken must be golden brown and cooked through.

Serve with a bayleaf, mint leaf and a piece of preserved orange. or fig

Spinach ^{or fennel} eggs nuts mushrooms.

SPICY WINGS WITH SESAME DIP AND PRESERVED ORANGES

24	Wings
	Lawrys seasoned salt and pepper
4 T	Ground coriander
4 T	Ground cumin
4 T	Coarsely ground cumin and coriander
4 1 cup	Chutney
1 cup	Tomato sauce
4 T	Teriyaki or 3 T Soya sauce
2 T	Garlic and ginger paste
2 T	Medium curry paste
	Brown sugar - <i>3 tsp to taste</i>
	Sesame seeds
	Lemon rind
	Fresh coriander
	Bamboo skewers

1. Roll seasoned wings in cumin and coriander
2. ~~2~~ Coat with following six ingredients which have been mixed together. Marinate overnight if possible.
3. Bake uncovered for 1 hour 30 minutes to 2 hours or till crisp and golden.
4. Add water to bottom of baking dish to prevent burning and replenish when necessary.
5. Serve two per person on a bamboo skewer with a slice of preserved orange.
6. Sprinkle with sesame seeds, lemon rind and fresh coriander.

PASTA RUSTICHE

2-4 T	Oil	(add more if it looks dry)
	Lawreys	seasoned salt and pepper
2 punnets	Sliced large or medium brown mushrooms	
2	Crushed garlic	
1/3 cup	White wine	
250 ml	Cream	
2 tsp	Arrowroot	
2 tsp	Aromat	(if you double or triple the recipe, double aromat)
	Freshly ground black pepper	

1. Saute seasoned mushrooms in oil till just cooked through (slightly undercook them)
2. Add crushed garlic.
3. Add wine and reduce. (5 minutes)
4. Add cream, arrowroot and seasonings to taste.
5. Refrigerate for a few hours before serving.

Serves 4 pasta portions of 50 grms per portion.

TO COOK PASTA

BRING WATER TO A ROLLING BOIL
SEASON WITH A TBSP OIL AND A TBSP
SALT

COOK PASTA AT A GENTLE SIMMER
TILL AL DENTE (TO THE BITE)

FOLLOW COOKING TIME ON PACKET

RINSE UNDER ~~COLD~~ ^{HOT} WATER

Toss in olive oil and seasonings

PASTRY CHICKENS

INGREDIENTS

1 French puff pastry from Woolworths
Decorative cutter
1 beaten egg
Spray and Cook
Floured board

METHOD

1. Leave pastry to defrost in refrigerator overnight.
2. Leave at room temperature for at least 2 hours.
3. Press out shapes on floured board.
4. Paint with egg wash.
5. Place on greased baking sheet.
6. Bake at 220°C oven for 10 -12 minutes or till golden brown.

(If Woolworths pastry is unavailable use Friends Pastry)

COQ AU VIN WITH PASTRY CHICKEN

INGREDIENTS

if thighs small, use 18 instead of

18 deboned and skinned thighs or 18 to 20 if thighs are small
Olive oil to cover bottom of pan (paint on thinly with brush)

¼ c olive oil

½ T. soya sauce

3 sliced onions

30 gms butter

3 T. olive oil

2 crushed garlic cloves

1 ~~large~~ celery with leaves

or 2 small ribs

Rosemary, thyme and bayleaves

Lawry's Seasoned Salt and Pepper

1 pt. Bellingham Pinotage

½ cup chicken stock

$\frac{3}{4}$ t. sugar and $\frac{1}{4}$ t. salt 3 tsp sugar to taste + $\frac{1}{4}$ t salt to taste

2-3 t. maizena (preferably arrowroot)

2 punnets medium brown mushrooms

Olive oil to cover bottom of pan also above

Few sprigs rosemary

1 clove garlic

Extra: ½ cup chicken stock

METHOD

1. Bake seasoned thighs in 180°C oven for ½ hour or till cooked.
2. Baste with oil and soya before cooking and after 10 minutes if necessary. Set aside.
3. Lightly saute onions in oil and butter till golden.
4. Add crushed garlic (~~onions~~), celery, leaves, herbs and stirfry till tender.
5. Season lightly.
6. Add 1 pt. red wine, stock, sugar and salt.
7. Reduce 10 minutes
8. Add maizena (arrowroot).
9. Add chicken nuggets.
10. Lightly fry seasoned mushrooms in olive oil, rosemary and garlic and add to chicken. ~~Remove~~ ~~rosemary~~ ~~rosemary~~.
11. Stand covered in fridge overnight.
12. Use thickened "Extra" if you need more sauce.

CARPACCIO ON FOCACCIA

360 grms	Thinly sliced fillet or sirloin
	Chicken stock powder or Aromat
	Balsamic dressing
1 pckt	Rocket
1 block	Pecorino cheese thinly SHAVED
	Focaccia or Potbrood
	Olives (optional)

Season meat a few hours before serving with Aromat and pepper.
Ten minutes before serving, paint with balsamic dressing.
Serve on smoky potbrood or focaccia with dressed rocket leaves and pecorino shavings..

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Isabel

FOR THE IDEA!
ENJOY - LUV Y/AORANGE TURKEY - REAST

1 x 2 1/2 kg turkey breast rinsed and dried well
 Dash of garlic powder, or to taste
 Dash of paprika, or to taste
 Dash of pepper or to taste
 Dash of ground ginger or to taste
 1 cup orange marmalade
 175ml orange juice concentrate, defrosted
 175g dried apricots
 1/2 - 3/4 cup raisins and sultanas mixed
 2 large onions, sliced
 3 large carrots, sliced diagonally
 1 1/2 cups dry white wine,
 Try and marinate this turkey overnight.

Preheat oven to 350 F (180 C)

Place the turkey in a large roasting pan. Sprinkle the spices over the breast and rub the marmalade all over. Pour the orange juice concentrate over the turkey. Place the apricots, raisins, and vegetables around the turkey. Add the wine to the pan. Roast the turkey for about 1 1/2 hours, depending on weight, until tender, basting every 30 minutes. If the top gets too brown before the rest has cooked, cover loosely with greased foil. Make sure there is liquid on the bottom of the pan. If not, add more wine.

Let the turkey sit for about 20 minutes before slicing. To serve, layer the meat over the vegetables and sauce, or pass the sauce separately.

1/2 orange juice & water

SPICY CRUSTED FILLET

INGREDIENTS

- 1 thick fillet 1600 gms
- Lawry's Seasoned Salt sprinkled lightly on meat
- 3 T. whole black peppercorns
- 3 T. whole coriander seeds
- 3 T. whole cumin
- 3 T. black mustard seeds
- 1 cardamon pod
- 1 star anise
- 2 T. curry paste
- 2 T. garlic and ginger paste
- 1 t. ground cinnamon (optional)
- 2 t. tumeric
- Olive or sunflower oil

METHOD

1. Mix with oil to form a thick paste.
2. Pat thickly onto seasoned meat.

Basting Liquid

- 1 cup oil
- 2 T. soya or
- 1 T. soya and 1 T. oyster sauce

Whisk lightly. Baste every 20 minutes.

METHOD

1. Roast in preheated 200° oven for 40 minutes for rare meat.
2. Check after ½ hour.
3. Cooking time varies according to weight and thickness of meat.

(A rough guide)

1500gm fillet:

- | | | |
|--------|---|--------------------------|
| Rare | = | 30 minutes warm centre |
| Medium | = | 40 minutes hot in centre |

1700gm fillet:

- | | | |
|-------------|---|------------------------|
| Medium Rare | = | 45 minutes warm centre |
|-------------|---|------------------------|

1500
35 min
1600
45 min
1700
50 min

LAMB TAGINE WITH SWEET PEPPERS
AND APRICOTS

rice

INGREDIENTS:-

- 3 Kgs. lamb knuckles seasoned *or veal knuckles*
- Lawry's Seasoned Salt and Pepper
- 6 onions
- 6 T. oil and 6 T. butter or to cover bottom of pan
- 2 ribs celery and leaves, thinly sliced
- 3 sliced carrots
- Lawry's Seasoned Salt and Pepper
- 5 t. garlic and ginger paste *(if unavailable use 5 garlics & 5*
- 3 t. medium curry powder *of 1 t. ginger in the bottles for use in*
- 1 pinch chili *add at the end*
- 5 t. coarsely ground coriander
- 5 t. coarsely ground cumin
- 1 t. coarsely ground white peppercorns
- 2 t. coarsely ground fennel seeds
- 2 bayleaves
- 2 skinned tomatoes, seasoned with salt, ^{1/2 t} sugar and a pinch of black pepper
- 2 pts. boiling water
- 2 t. beefstock
- 3 t. Bovril *or 1 t beef stock (to taste)*
- 3 julienned red peppers) Follow recipe for pepper
- 3 julienned yellow peppers) medallions or use bottled peppers
- ^{1/2} Small pkt. dried apricots, *soaked in cold water for 3-4 hrs (over)* sprinkled with 3 T. castor sugar overnight
- "Extra" - 1 pt. beef stock with 1 t. medium curry, 1 t. ginger and garlic paste and a pinch of pepper
- 4 t. arrowroot or Maizena thickened with gravy if necessary.

METHOD:-

1. Brown seasoned meat in 220° oven for approximately 1/2 hour, or till brown.
2. Remove.
3. Brown onions in oil and butter.
4. Add celery, leaves, carrots and stir-fry. Season.
5. Add garlic and ginger paste, curry powder, chili, coriander, cumin, peppercorns, fennel seeds and bayleaves and stir-fry to release flavour.
6. Add seasoned tomatoes.
7. Combine meat, vegetables, spices, boiling water, beef stock, Bovril and cook until almost falling off bone (Approx. 2 hours).
8. Adjust gravy. Dilute with "Extra" if too reduced, or thicken with arrowroot if too thin.
9. Add peppers and apricots. Adjust seasoning.
10. Refrigerate overnight.

(If medium curry powder from Khazans used - reduce to 2 t)

Peppers in oven for 3/4 hrs then in plastic bag seal and slice

MOROCCAN CHICKEN

INGREDIENTS:-

- 12 small thighs }
12 drumsticks } Seasoned with Lawry's
or 9 large thighs or 9 large drumsticks } Seasoned Salt & Pepper
- 3-4 sliced onions
4 crushed garlic
4 T. oil
60 gms butter
- 3 t. coarsely ground cumin }
3 t. coarsely ground coriander } Crush whole spices with
1 cinnamon sticks } rolling pin
- 4 bayleaves
1 t. cloves
4 cups boiling water }
4 t. chicken stock } Depending on size of dish
1½ t. tumeric } basically to cover chicken.
1-2 t. medium curry paste (if pick'n dry paste use only 1 t)
pinch saffron (optional)
- 24 prunes
2 T. raisins
Bombay Mix
"Extra" - 1 cup chicken stock with 1 t. medium curry paste and ½ t. tumeric

METHOD:-

1. Brown seasoned chicken pieces in 220° oven for ½ hour. Set aside.
2. Brown onions in oil & butter in frying pan till golden.
3. Add garlic, cumin & coriander & ~~stir fry for 1 minute.~~
4. Place chicken, onions, garlic and spices in large casserole dish.
5. Add 4 cups chicken stock, tumeric, (saffron - optional) & curry paste.
6. Pour over chicken to just cover.
7. Cook in 180° oven, covered for 1½ hours.
8. Add prunes and raisins. Uncover for last ½ hour.
9. Attend to sauce. Add "Extra" and arrowroot if necessary.
10. Just before serving, add lemon gremolata and/or Bombay mix.

LEMON GREMOLATA:-

- Rind of 2 lemons (can add orange rind if desired)
2 crushed garlic
Handful of finely chopped fresh coriander.

CURRIED CHICKEN.
(large quantity).

Ingredients.

- 6 young chickens.
- 6 onions.
- 3 tablespoons curvy powder. *kyah mubun*
- 3 tablespoons maseina.
- 1 cup vinegar.
- 1 cup sugar.
- 5 cups water.
- $\frac{3}{4}$ cup chutney.
- 1 cup apricot jam.
- $\frac{1}{2}$ tablespoon salt.
- sultanas if desired. *kyah mubun*

Method.

Cut and fry chickens. Drain. Slice onions and boil in a little water until soft. Throw off water and fry in a little fat.

Make a gravy of the curvy powder, maseina, vinegar, sugar, water, chutney, jam and salt.

Add fried onion and fried chicken. Simmer until chicken is tender - at least one hour. Add extra water if necessary.

If desired, sultanas may be added just before serving.

This curvy may be used with mutton too - use 10 lbs. mutton.

*make gravy - but raw chicken
in gravy*